



Sustainable Solano
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

Spiced Moroccan Vegetable Couscous

Ingredients:

1 package (10 oz.) whole-wheat couscous
¼ t. coarsely ground black pepper
2 T. olive oil
1 t. salt
2 large carrots peeled and cut into ¼" pieces
1 medium red onion, cut into ¼" pieces
1 medium zucchini, cut into ¼" pieces
3 ripe medium tomatoes, cut into ¼" pieces
1 T. ground cumin
2 t. curry powder
2 t. paprika
¼ cup pine nuts, toasted*
¼ cup loosely packed fresh parsley leaves, chopped
¼ cup pitted prunes, cut into thin strips

Prepare couscous according to package directions, but instead of the salt or butter called for, stir in pepper 1 T. olive oil and ½ teaspoon of salt. Cover and keep warm.

Meanwhile, in a large skillet, heat remaining 1 T. oil over medium heat until hot. Add carrots and onion; cook 5 minutes, stirring occasionally. Add zucchini and cook until vegetables are tender, about 5 minutes longer. Stir in tomatoes, cumin, curry, paprika, and remaining ½ t. salt; cook 2 minutes longer. (If spices stick to the bottom of the pan, add a little water and they will release.)

Stir vegetable mixture into couscous; sprinkle with pine nuts, parsley and prunes.

Makes 4 main-dish servings.

Note*: To toast pine nuts, place them on a dry sheet pan and toast in a 350 degree oven for about 10-12 minutes, shaking/stirring halfway through. Check them after 5-6 minutes – they burn easily because they are so small!

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.