

Israeli Couscous

Featuring Couscous

From Israel

Serves 8

Ingredients

- 2 teaspoons butter
- 2 1/4 cups pearl (Israeli) couscous (12 oz)
- 1 3/4 cups reduced-sodium chicken broth (14 fl oz)
- 1 cup water
- 1/4 teaspoon salt
- 4 garlic cloves, peeled

- 2 tablespoons fresh parsley
- 1/2 one lemon zested
- 2 teaspoons fresh lemon juice
- 1/4 cup parmigiano reggiano cheese, grated
- 1 tablespoon olive oil
- 1 cup grape tomatoes
- salt and pepper to taste

Directions

Preheat the oven to 350.

1. On a small pan pour the olive oil and arrange the garlic cloves and the grape tomatoes.
2. Roast until tomatoes start to burst. About 15-20 mins.
3. Keep an eye on the garlic, dark pans will burn it, light pans will keep it raw. You want it roasted well and easily mashable.
4. Meanwhile on the stove melt the butter and toast the couscous until golden brown almost all over. Keep a close eye on it.
5. Add broth, water, and salt and simmer, covered, until liquid is absorbed and couscous is al dente, 10 to 12 minutes.
6. Mash garlic cloves to a paste.
7. Remove from heat, add the mashed garlic and let stand, covered, 10 minutes.
8. Add the tomatoes and olive oil, stir.
9. Toss in parsley, zest and the lemon juice.
10. Let sit for 5 mins off the heat.
11. Toss parmigiano and serve.

Portion Size: 1 Cup

Number of Portions per recipe: 8

Cost per recipe: \$9.41

Cost per serving: \$1.17

Exchanges: 2 CHO, 1 1/2 meat