

## THE DIETITIANS NETWORK OF NOVA SCOTIA

### Vegetable Couscous

This dish is one of my favourite meatless recipes and was a staple in my household when I was growing up.

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| <b>Recipe Name:</b>                 | Vegetable Couscous  |
| <b>Recipe By:</b>                   | Adapted from The Essential Vegetarian Cookbook by Antonia Harvey, P.Dt  |
| <b>Short description of recipe:</b> | It is loaded with vegetables (and fibre) and has a wonderful flavour. It is easy to prepare, and is sure to be a hit with your family and holiday guests.   |
| <b>Makes</b>                        | 6 servings  |
| <b>Ingredients:</b>                 | 2 small onions, thinly sliced<br>2 tablespoons of olive oil<br>1 teaspoon turmeric<br>1/2 teaspoon chili powder<br>2 teaspoons grated fresh ginger<br>1 cinnamon stick<br>2 medium carrots, thickly sliced<br>2 medium parsnips, thickly sliced<br>1 1/2 cups vegetable broth<br>250g cauliflower, cut into small florets<br>2 medium zucchinis, cut into thick slices<br>19oz can chickpeas, drained and rinsed<br>1 1/4 cup couscous<br>1 cup boiling water<br>1 tablespoon butter or margarine   |
| <b>Instructions:</b>                | <ol style="list-style-type: none"><li>1. Heat the oil in a large saucepan over medium heat. Add the onions and cook until soft, stirring. Add the turmeric, chili powder, and ginger and cook for one minute.</li><li>2. Add the cinnamon stick, carrots, parsnips, and vegetable broth to the pan. Stir to combine. Cover and bring to a boil. Reduce heat to low and simmer, covered, for 5 minutes or until the vegetables are almost tender.</li><li>3. Add the cauliflower and zucchini and simmer for another 10 minutes. Stir in the chickpeas and simmer for an additional 5 minutes. Remove the cinnamon stick.</li><li>4. Place the couscous in a bowl and add boiling water. Allow to stand until the water is absorbed, about 5 minutes. Add the butter or margarine and fluff with a fork.</li><li>5. Place a bed of couscous on each serving plate and top with the vegetables.</li></ol> |