

Roasted Vegetable Couscous

2 red peppers cut into 1-inch dice

1 yellow squash, 1-inch dice

1 zucchini, 1-inch dice

¼ pound small green beans cut on the bias into 1-inch pieces

(These are also called haricots verts or Hairy-Co Vair)

3 Tbs. olive oil

Salt and freshly ground pepper

3 cups vegetable stock

Optional- a pinch of Saffron

1 tsp. salt

2 cups plain couscous

¼ cup coarsely chopped flat-leaf parsley

Preheat oven 400 degrees. Prep vegetables. Toss vegetables with oil in medium baking dish, season with salt and pepper. Roast for 15 minutes, until cooked through. Cover and keep warm. Boil stock, optional saffron and 1 tsp. salt for 5 minutes. Stir in the couscous, cover and reduce heat to low. Cook until liquid is absorbed, 8 minutes.

Fluff couscous with fork and transfer to a bowl; add vegetables and garnish with flat leaf parsley.

This couscous is delicious with Salmon or Extra firm Tofu marinated in Ancho Chili-Ginger Sauce.