

Moroccan Couscous & Veggies

Couscous is a tiny ball of pasta made of wheat and barley; it looks like quinoa. It is a perfect, budget-friendly complex carb for a side dish, especially when mixed with non-starchy roasted veggies, spices, and fresh herbs. This Moroccan-inspired recipe is just that!

Ingredients:

1 large	Red bell pepper, cored and diced
1 large	Yellow bell pepper, cored and diced
2 medium	Carrots, halved and sliced
1 small	Red onion, diced
1 medium	Zucchini, cut into 1-inch long spears
4 tbsp	Olive oil
2 tbsp	Lemon juice
1 tbsp	Garlic, minced (can use garlic powder)
1 tbsp	Ground cumin
1 tsp	Ground coriander
1 tsp	Ground cinnamon
1 1/3 cup	Couscous, measured dry
2 cups	Low sodium chicken broth
1 tsp	Turmeric
3 tbsp	Fresh cilantro, minced
2 tbsp	Fresh mint, minced

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	206.3 kcal	10 %
Total Fat	7.4 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	54.4 mg	2 %
Total Carbohydrate	30 g	10 %
Dietary Fiber	3.3 g	13 %
Sugars	4.8 g	
Protein	5.3 g	11 %
Vitamin A	67 %	Vitamin C 132 %
Calcium	4 %	Iron 10 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>

Servings: 8 servings
 Serving size: 1/8th recipe

Directions:

1. Cut all your veggies according to the ingredient list and preheat oven to 425 degrees F. Grease large baking sheet with cooking spray (may need two baking sheets to have a single layer of veggies).
2. Toss veggies in 1 tbsp olive oil and place on baking sheet(s) in a single layer. Roast for 12-15 minutes, flipping the veggies halfway through. The closer rack is to the burner, the more charred veggies will be (adjust based on your preference)
3. Meanwhile, mix the remainder of olive oil (3 tbsp) with lemon juice, garlic, cumin, coriander, and cinnamon. Set aside.
4. Pour chicken broth and turmeric in a medium saucepan and bring to a boil. Stir in couscous. Remove from heat, cover, and let stand 5 minutes. Fluff with a fork after 5 minutes and stir in roasted veggies, seasoning mixture from step 3, cilantro, and mint.
5. Serve and enjoy!