



Festive Moroccan Couscous

MyPlate2Yours - Lynn Dugan

Ingredients

1 tablespoon olive oil
1 small sweet onion, finely chopped
1 carrot, peeled and finely chopped
1 stalk celery, finely chopped
3/4 cup frozen peas, thawed
3/4 cup canned chickpeas, drained and rinsed
1/2 cup whole wheat couscous
1/2 cup yellow raisins
16 ounces low sodium vegetable broth
2 teaspoons ground cumin
2 teaspoons Za'atar or ground coriander
1/4 teaspoon each
kosher salt and ground black pepper
1/4 cup fresh pomegranate seeds
2 tablespoons chopped fresh parsley

Directions

Heat oil in large sauté pan. Add onion, carrot, and celery and cook until slightly soft, about 5 minutes. Stir in peas, chickpeas, couscous, broth, cumin, Za'atar, salt and pepper. Cover and cook for 2 to 3 minutes. Remove from heat and let stand, covered, until liquid is absorbed, about 5 minutes. When ready to serve, mix in pomegranate and parsley. Enjoy!