



## Cous Cous

10-12 servings

This can be eaten as a side or main dish, and it is best at room temperature.

### **Medicinal Benefits of this recipe...**

Beneficial for management of blood sugars and lipid profiles, the high dietary fiber is also beneficial for constipation.

### **Anticancer Phytonutrients Found in this recipe.....**

Beta-carotene, Lutein, Allyl sulfides, Quercetin, Sulfur compound, this ingredients in this recipe are thought to be very high in wide variety of antioxidants

### **Ingredients**

#### *For cous cous:*

2 cups uncooked whole wheat cous cous  
2 cups water  
2 teaspoons salt  
2 tablespoons extra virgin olive oil

#### *For veggies:*

extra virgin olive oil, total of 4-5 tablespoons  
¼- ½ head cauliflower, separated into small florets  
1cup cooked (about 3 cups raw) bunch any leafy green, such as swiss chard, kale or spinach, well washed and roughly chopped  
1 clove garlic  
½ cup pine nuts  
½ cup currants (or golden raisins)  
12 ounce can chick peas, rinsed and drained  
½ bunch parsley, rinsed and roughly chopped  
juice of 2-3 lemons (to your taste)  
salt  
pepper

### **Procedure**

#### *Prepare cous cous:*

In medium saucepan, bring water and salt to boil. Add cous cous, stir once quickly, take off heat and cover tightly with a lid. Let stand for five minutes. Uncover, fluff with fork and transfer to a large serving bowl to cool. When it's cool enough to handle, pour olive oil over it. Now, to fluff it really well, you need to use your hands: picking up a handful of cous cous at a time, run it between your palms as you move your hands together back and forth (think of your hands as being in a prayer-like position). Doing this for a few minutes will give you really fluffy cous cous. Set aside.

*Prepare the veggies:*

1. Roast the cauliflower: Arrange florets on a sheet tray, drizzle with 1-2 tablespoon olive oil, and a generous pinch of salt and pepper and bake for about 20-30 minutes at 350 degrees, until the tops of the florets are golden brown.
3. Sauté leafy green: Heat one tablespoon olive oil in skillet. Add garlic, greens, and a pinch of salt. Sauté 2-3 minutes for spinach, 7-9 for swiss chard and 10–15 for kale. Squeeze half a lemon over before turning off heat.

*Assemble:*

Allow vegetables to cool to room temperature and then assemble: Add all ingredients, cooked (cauliflower, and greens) and raw (nuts, currants, chic peas and parsley), to the bowl with the cous cous and mix very well. To season, squeeze lemon, and adjust seasoning, adding salt, pepper and/or olive oil as needed.

**Basic Nutrition Profile for One Serving (1 serving):**

Kcal	400 kcal
Protein	12 grams
Carbohydrate	55 grams
Fat	17 grams
Saturated Fat	2 grams
Monounsaturated Fat	10 grams
Polyunsaturated Fat	4 grams
Fiber	10 grams

**This recipe is a great source of.....**

Vitamin A	1223 IU
Calcium	54 mg
Vitamin D	174 IU
Magnesium	172 mg
Folate	232 mcg

Also has a full-range of B-vitamins