

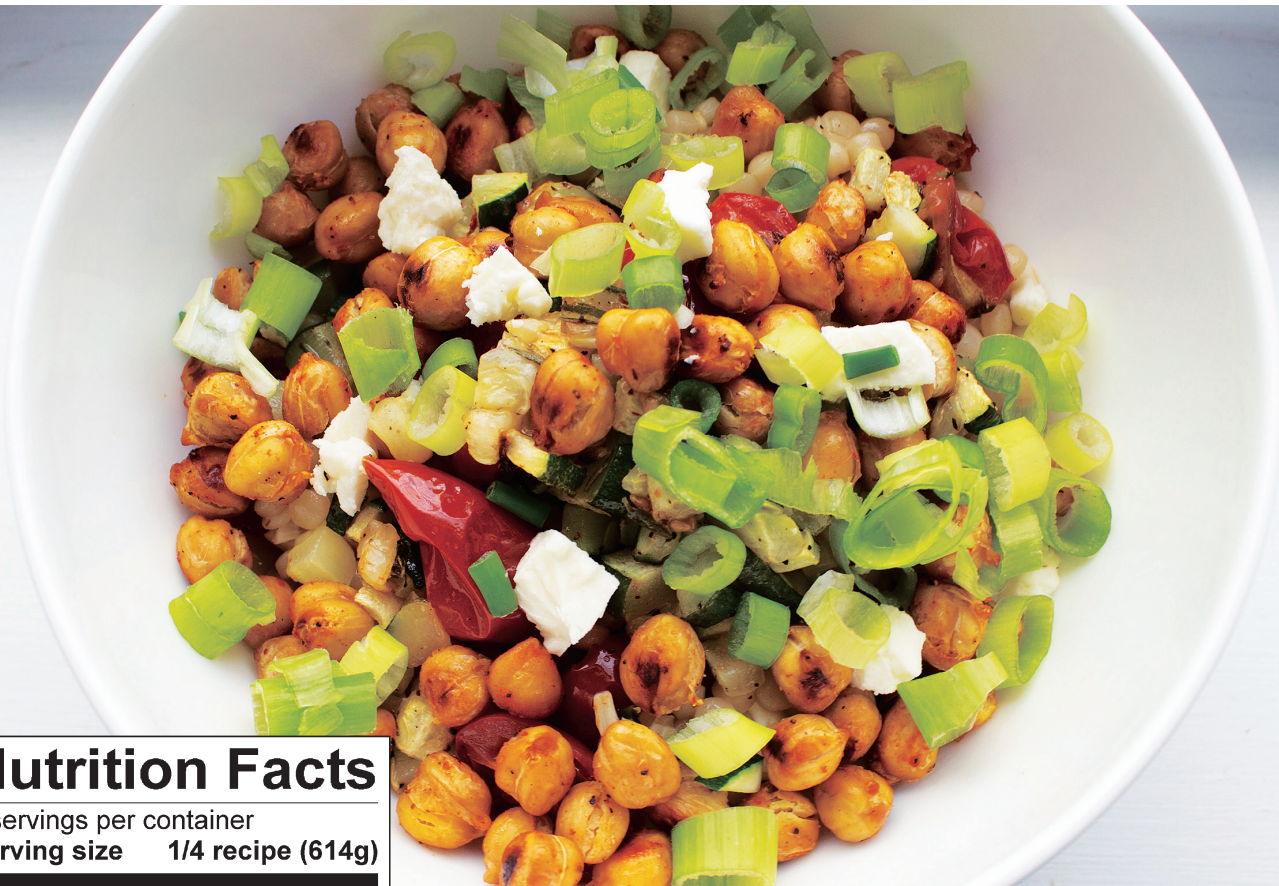


Chickpea-Powered Mediterranean Couscous

Prep time: **10** MINUTES

Cook time: **30** MINUTES

Servings: **4**



Nutrition Facts

4 servings per container
Serving size **1/4 recipe (614g)**

Amount per serving
Calories 660

% Daily Value*

Total Fat 23g	29%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 690mg	30%
Total Carbohydrate 92g	33%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 4g Added Sugars	8%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 297mg	25%
Iron 3mg	15%
Potassium 743mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



Ingredients:

- 2 medium zucchinis
- 1/2 ounce fresh thyme
- 1 1/2 cups Israeli couscous
- 1 can (15.5 oz) unsalted chickpeas
- 4 cloves garlic
- 3 cups unsalted vegetable broth
- 8 ounces cherry tomatoes
- 4 stalks scallions
- 2 teaspoons paprika
- 1 cup feta cheese
- 2 medium lemons
- 4 tablespoons olive oil
- 1/2 teaspoon salt
- 2 teaspoons ground black pepper
- 1 tablespoon honey

Recipe adapted from HelloFresh

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dinner time is family time

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Instructions:



1. Prep

Preheat oven to 425°F. Rinse fresh produce thoroughly under running water. Chop zucchinis by slicing and then cutting into smaller pieces. Cut tomatoes and lemons in half. Mince garlic cloves. Separate the thyme leaves from stems and throw away the stems. Slice the scallions and separate the white and green sections.



2. Drain and bake chickpeas

Drain and rinse chickpeas. Add chickpeas, 2 tablespoons olive oil, 2 teaspoons paprika, ¼ teaspoon salt, and 1 teaspoon ground black pepper to a baking sheet lined with foil or parchment paper and mix. Bake for 30 minutes.



3. Roast vegetables

Add zucchinis, tomatoes, and half of the thyme on another baking sheet lined with foil or parchment paper. Drizzle 2 tablespoons olive oil and mix in 1 teaspoon ground black pepper and ¼ teaspoon salt. Bake for 20 minutes, or until tender.



4. Toast and cook couscous

In a medium pot over medium-high heat, add garlic, white scallions, couscous, and thyme. Cook for 2 to 3 minutes, or until lightly toasted. Add vegetable broth and simmer over medium heat for 10 to 12 minutes, or until al dente. Stir in honey once the couscous is cooked.



5. Make couscous mixture

To the pot of couscous, add half the roasted vegetables, half the feta cheese, the juice of 2 lemons, ¼ teaspoon salt, and 1 teaspoon ground black pepper and mix.

6. Final touches

Plate couscous mixture, remaining roasted vegetables, and roasted chickpeas. Top with feta cheese and green scallions.

Did you know ?

- » The white section of green onions has a strong flavor, similar to onions, and is usually cooked, while the green portion has a mild taste and can be used to garnish.
- » Chickpeas or garbanzo beans are a good plant-based protein.

Try these tips!

- » Use zucchinis in place of pasta to increase your vegetable intake.
- » Look for whole-wheat couscous at the store.