



Israeli Couscous & Veggies

Ingredients:

- 1 cup broccoli florets, blanched
- 1 cup carrots, chopped
- 1 cup zucchini, chopped into ½-inch cubes
- 1 cup mushrooms, chopped
- 1 medium onion, chopped
- 1 bell pepper (any color), chopped
- 3 to 5 cloves garlic, chopped (adjust to your preference)
- 4 tbsp extra virgin olive oil (EVOO)
- 2 cups Israeli couscous, cooked in broth (chicken or vegetable)
- Freshly grated Parmesan cheese, to taste

Instructions:

1. In a large sauté pan, heat 1 tbsp EVOO and cook mushrooms alone until their moisture is absorbed.
2. Add another tbsp EVOO, then stir in the onion, bell pepper, and garlic. Cook for 5 more minutes.
3. Add the remaining 2 tbsp EVOO, followed by the carrots and zucchini. Sauté until the carrots are crisp-tender. You can cover the pan to speed up cooking if desired.
4. In a large bowl, combine the cooked Israeli couscous and blanched broccoli.
5. Add the sautéed veggies to the bowl and toss to combine.
6. Finish with freshly grated Parmesan cheese—add as much as you like.
7. Stir and enjoy warm or at room temperature!