



 **74%**
HEALTH SCORE

Couscous with Roasted Vegetables, Chicken Sausage, and Harissa

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 2 tablespoons teaspoons basil dried fresh chopped
- 0.3 teaspoon pepper black freshly ground
- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 6 ounce chicken sausages with basil and pine nuts (such as gerhard's)
- 0.8 cup couscous uncooked
- 0.8 pound eggplant cut into 6 wedges

- 5 large garlic cloves unpeeled
- 0.5 teaspoon ground cumin
- 2 tablespoons commercial harissa
- 0.8 pound leeks trimmed cut in half lengthwise
- 2 tablespoons juice of lemon fresh
- 1.5 teaspoons olive oil
- 1 large bell pepper red cut into 1-inch strips
- 0.3 teaspoon salt
- 1 vidalia sweet cut into 8 wedges
- 1.3 cups water
- 2 tablespoons water
- 0.5 pound zucchini cut into 4 wedges
- 1.5 tablespoons or dried fresh chopped

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat oven to 45
- To prepare vegetables, combine first 11 ingredients; toss well.
- Place vegetable mixture and garlic on a large, foil-lined baking sheet.
- Bake at 450 for 20 minutes or until vegetables are browned and sausages are done.
- Cut vegetables into 1-inch pieces.
- Cut sausages into 1/4-inch-thick slices.

- To prepare dressing, squeeze garlic cloves into a large bowl to extract garlic pulp. Discard skins. Mash garlic pulp with a fork.
- Add lemon juice and next 5 ingredients (lemon juice through salt) to garlic pulp; stir well.
- To prepare couscous, bring 1 1/4 cups water to a boil in a medium saucepan. Gradually stir in couscous.
- Remove from heat; cover and let stand for 5 minutes. Fluff couscous with a fork.
- Combine the couscous, chickpeas, dressing, vegetables, and sausage in a large bowl; toss gently.
- Combine harissa and 2 tablespoons water in a small bowl. Spoon 2 cups couscous mixture into each of 4 serving bowls.
- Drizzle each serving with 1 tablespoon harissa mixture.

Nutrition Facts



Properties

Glycemic Index:100.33, Glycemic Load:24.82, Inflammation Score:-10, Nutrition Score:32.926521591518%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg, Quercetin: 12.69mg

Nutrients (% of daily need)

Calories: 460.14kcal (23.01%), Fat: 10.86g (16.71%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 74.6g (24.87%), Net Carbohydrates: 60.98g (22.17%), Sugar: 15.98g (17.76%), Cholesterol: 30.02mg (10.01%), Sodium: 1028.06mg (44.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.22%), Manganese: 2.19mg (109.51%), Vitamin C: 85.61mg (103.76%), Vitamin K: 79.09µg (75.32%), Vitamin A: 3167.24IU (63.34%), Vitamin B6: 1.22mg (60.87%), Fiber: 13.62g (54.48%), Folate: 165.72µg (41.43%), Iron: 6.88mg (38.21%), Copper: 0.56mg (27.97%), Magnesium: 110.88mg (27.72%), Potassium: 969.18mg (27.69%), Phosphorus: 263.77mg (26.38%), Vitamin B1: 0.28mg (18.64%), Calcium: 177.93mg (17.79%), Vitamin B3: 3.18mg (15.92%), Vitamin E: 2.27mg (15.16%), Vitamin B5: 1.45mg (14.52%),

Vitamin B2: 0.22mg (13.04%), Zinc: 1.84mg (12.28%), Selenium: 4.58µg (6.55%)