



Israeli Couscous with Roasted Butternut Squash and Preserved Lemon

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

Ingredients

- 1.8 cups regular couscous peppercorn-shaped (tiny pasta)
- 1.5 pound butternut squash peeled seeded cut into 1/4-inch dice
- 1 stick cinnamon (3-inch)
- 1 cup parsley fresh chopped
- 0.5 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 3 tablespoons olive oil

- 1 large onion chopped
- 0.5 cup pinenuts toasted
- 1 simple preserved lemons

Equipment

- bowl
- frying pan
- oven
- pot
- sieve
- baking pan
- ziploc bags
- colander

Directions

- Preheat oven to 475°F.
- Halve lemons and scoop out flesh, keeping both flesh and peel.
- Cut enough peel into 1/4-inch dice to measure 1/4 cup. Put lemon flesh in a sieve set over a bowl and press with back of a spoon to extract juice.
- Toss squash with 1 tablespoon oil and salt to taste in a large shallow baking pan and spread in 1 layer. Roast in upper third of oven 15 minutes, or until squash is just tender, and transfer to a large bowl.
- Cook onion in 1 tablespoon oil in a 10-inch heavy skillet over moderately high heat, stirring occasionally, until just beginning to turn golden.
- Add to squash.
- Cook couscous with cinnamon stick in a large pot of boiling salted water 10 minutes, or until just tender, and drain in a colander (do not rinse).
- Add couscous to vegetables and toss with 2 tablespoon oil to coat.
- Add lemon peel and juice, parsley, nuts, raisins, ground cinnamon, and salt to taste. Toss to mix well.

- to 5 preserved lemons
- lb. butternut squash, peeled and seeded
- /4 to 1 cup olive oil
- cups chopped onion
- cups Israeli couscous or acini di pepe (tiny peppercorn-shaped pasta), about 3 lb.
- (3-inch) cinnamon sticks
- cups chopped fresh flat-leaf parsley
- cups pine nuts, toasted
- cups golden raisins
- teaspoon ground cinnamon
- Preheat oven to 475°F.
- Halve lemons and scoop out flesh, keeping both flesh and peel.
- Cut enough peel into 1/4-inch dice to measure 1 cup. Put lemon flesh in a sieve set over a bowl and press with back of a spoon to extract juice.
- Cut enough squash into 1/4-inch dice to measure about 12 cups and toss with 1/3 cup oil and salt to taste. Roast in single layers in batches in your largest shallow baking pan in upper third of oven 15 minutes, or until just tender.
- Cook 1/2 of onion in 3 tablespoons oil in a 12-inch heavy skillet over moderately high heat, stirring occasionally, until just beginning to turn golden.
- Add to squash. Repeat with remaining onion and more oil.
- Cook couscous with cinnamon sticks in an 8-qt. pot of boiling salted water 10 minutes, or until just tender, and drain in a colander (do not rinse). Toss couscous with 3 tablespoons oil in a large bowl.
- Add squash, onion, lemon peel and juice, and remaining ingredients. Season with salt (you'll need a lot) and toss to mix well.
- Preserved lemons may be prepared and squash, onion, and couscous cooked (toss couscous with a little oil) 1 day ahead and chilled separately in sealable plastic bags. Bring to room temperature before combining.

Nutrition Facts



■ PROTEIN 9.06% ■ FAT 31.02% ■ CARBS 59.92%

Properties

Glycemic Index:31.78, Glycemic Load:29.27, Inflammation Score:-10, Nutrition Score:26.331304425779%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 427.94kcal (21.4%), Fat: 15.3g (23.53%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 66.47g (22.16%), Net Carbohydrates: 59.69g (21.71%), Sugar: 11.22g (12.46%), Cholesterol: 0mg (0%), Sodium: 18.01mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.1%), Vitamin A: 12902.35IU (258.05%), Vitamin K: 176.26µg (167.86%), Manganese: 1.81mg (90.51%), Vitamin C: 39.47mg (47.84%), Fiber: 6.78g (27.11%), Vitamin E: 3.8mg (25.34%), Magnesium: 100.87mg (25.22%), Phosphorus: 214.27mg (21.43%), Copper: 0.42mg (21.21%), Potassium: 734.1mg (20.97%), Vitamin B3: 3.9mg (19.51%), Vitamin B1: 0.26mg (17.12%), Iron: 2.94mg (16.32%), Folate: 64.77µg (16.19%), Vitamin B6: 0.32mg (15.96%), Vitamin B5: 1.2mg (11.99%), Calcium: 100.91mg (10.09%), Zinc: 1.51mg (10.07%), Vitamin B2: 0.13mg (7.47%), Selenium: 0.89µg (1.27%)