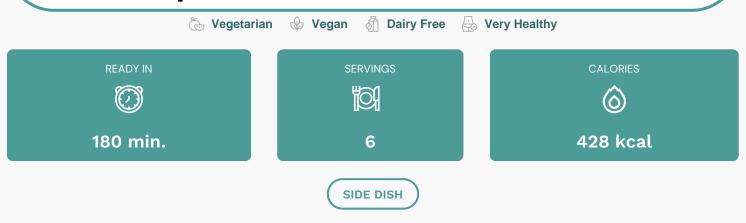


Israeli Couscous with Roasted Butternut Squash and Preserved Lemon



Ingredients

i.o cups regular couscous peppercom-snaped (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
O.5 cup golden raisins
O.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	
Di	rections	
	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-shapedpasta), 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

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, Luteolin: 0.12mg Isorhamnetin: 1.25mg, Isorhamneti

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: Omg (0%), Sodium: 18.01mg (0.78%), Alcohol: Og (100%), Alcohol %: O% (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%)