



Vegetable Couscous, Goat Cheese, and Beets

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 1 small beets trimmed (2 inches in diameter)
- ☐ 0.1 teaspoon pepper black
- ☐ 3 oz couscous
- ☐ 1 teaspoon chives fresh finely chopped
- ☐ 0.3 cup ears corn fresh
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 4 oz goat cheese soft
- ☐ 4 servings breadsticks thin (long breadsticks)
- ☐ 4 tablespoons olive oil

- ☐ 4 slices pancetta thin
- ☐ 0.5 cup bell pepper diced red ()
- ☐ 0.3 cup onion diced red ()
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.7 cup water
- ☐ 0.5 cup zucchini diced ()

Equipment

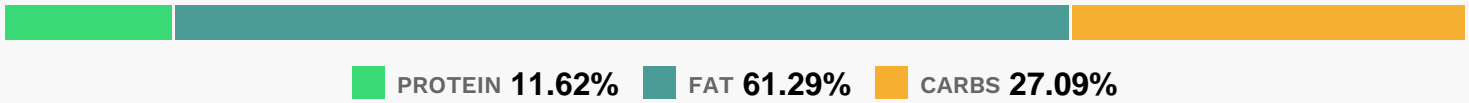
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin
- ☐ spatula

Directions

- ☐ Stir together dill, chives, and pepper on a plate, then roll cheese in herb mixture to coat sides (not ends). Wrap cheese in plastic wrap and chill.
- ☐ Bring water, salt, and 1 tablespoon oil to a boil in a 1-quart heavy saucepan. Stir in couscous, then cover pan and remove from heat.
- ☐ Let stand, covered, 5 minutes.
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook onion, stirring, 1 minute.
- ☐ Add zucchini, bell pepper, and corn and cook, stirring, until zucchini is bright green, about 3 minutes. Season with salt and pepper and transfer to a bowl.
- ☐ Fluff couscous with a fork and stir into vegetables, then season with salt and pepper.

- ☐ Peel beet and cut half of beet into very thin slices (less than 1/8 inch thick) with slicer(discard remainder), then stack slices and cut into thin matchsticks. Rinse beets and pat dry,then transfer to a bowl.
- ☐ Whisk together vinegar, remaining 2 tablespoons oil, and salt and pepper to taste.
- ☐ Add 1/2 tablespoon dressing to beets and toss to coat.
- ☐ Fill ramekin with couscous, pressing it firmly into mold with a rubber spatula. Invert ramekin onto a salad plate and carefully unmold couscous, then make 3 more couscous mounds on 3 more plates.
- ☐ Drape each couscous mound with 1 prosciutto slice (if using), then top with some of beets.
- ☐ Unwrap cheese and cut crosswise into 4 equal slices with a lightly oiled knife, then arrange 1 cheese slice alongside each couscous mound and spoon remaining dressing around mounds.
- ☐ Couscous can be made 1 day ahead and chilled, covered. Bring to room temperature before stirring into vegetables.*Available at Asian markets, some cookware shops, and Uwajimaya (800-889-1928).

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:11.32, Inflammation Score:-7, Nutrition Score:10.188260897346%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 343.71kcal (17.19%), Fat: 23.61g (36.32%), Saturated Fat: 7.23g (45.2%), Carbohydrates: 23.48g (7.83%), Net Carbohydrates: 20.91g (7.6%), Sugar: 3.72g (4.13%), Cholesterol: 18.32mg (6.11%), Sodium: 479.36mg (20.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Vitamin C: 29.07mg (35.24%), Vitamin A: 946.45IU (18.93%), Manganese: 0.34mg (17.22%), Vitamin E: 2.43mg (16.21%), Copper: 0.31mg (15.29%), Phosphorus: 150mg (15%), Folate: 46.4μg (11.6%), Vitamin B6: 0.23mg (11.43%), Vitamin K: 11.26μg (10.72%), Vitamin B2: 0.18mg (10.4%), Fiber: 2.57g (10.29%), Vitamin B3: 1.68mg (8.38%), Vitamin B1: 0.12mg (7.89%), Iron: 1.33mg (7.37%), Magnesium: 29.32mg (7.33%), Vitamin B5: 0.7mg (7%), Potassium: 241.68mg (6.91%), Calcium: 56.74mg (5.67%), Zinc: 0.76mg (5.07%), Selenium: 2.69μg (3.85%), Vitamin B12: 0.09μg (1.56%)