

Israeli Couscous with Sautéed Squash, Roasted Tomatoes & Garlic

INGREDIENTS

1.5 cups Israeli Couscous

1 Zucchini, cubed

1-2 small yellow squash, cubed

1 medium shallot, diced

1 pint grape tomatoes, oven roasted

4-5 whole garlic cloves

2-3 T basil, chiffonade

1 c olive Oil

1 t coarse salt

1/2 t pepper

*Note: You can alter the couscous to vegetable ratio according to how much you prefer of each. Create what works for you.

INSTRUCTIONS

- 1. Roast the grape tomatoes with whole cloves of garlic. Refer to the oil roasted recipe in my post The Great Tomato Caper.
- 2. While the tomatoes roast, cut the zucchini, yellow squash and shallots and sauté them separately in oil. Season with salt and pepper, adding half the shallots to each batch, once they are partially cooked. You don't want to add the shallots first as they will burn.
- 3. While the squashes are sautéing, cook the Israeli Couscous as you would any type of pasta, in a large pot of salted boiling water. Cook until al dente. Drain and set aside in a serving bowl, drizzle with a little olive oil and let cool.
- 4. Once the tomatoes are done, remove the garlic from their skins and mash them with a fork and coarse salt. Add 1/4 c olive oil and pepper and whisk together.
- 5. It is best to mix the roasted garlic oil into the couscous while it is still warm so the flavors absorb, but you can mix it at room temperature, too. Be sure to thoroughly incorporate.
- 6. Chiffonade the basil (cutting them in strips) and add to the couscous.
- 7. Then add some of the juices from the roasted tomatoes, the tomatoes and sautéed squashed. Gently mix until combined. Serve room temperature.