

## Roasted Vegetable Israeli Couscous Salad

*This recipe and photograph were provided by local blogger, Sally Roeckell of 365barrington.com*

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#### Ingredients (For the Orzo and Veggies)

- 1/3 C Pine Nuts\*
- 1 1/2 C Mushrooms sliced
- 1 C Mix of Red Yellow, or Orange Bell Peppers, deseeded and diced
- 1 lb Asparagus cut into 1" pieces with woody ends discarded
- 12 oz Cherry Tomatoes
- 2 tsp Garlic minced
- 1/2 red onion chopped
- 1/2 sweet onion chopped
- 3 Tbs Extra Virgin Olive Oil divided
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper Ground
- 2 C Israeli couscous prepared per package instructions. (substitute prepared orzo if desired)
- 1/2 C Garlic and Herb Feta crumbled
- 1/4 cup Calamata olives



#### Ingredients (For the Dressing)

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Lemon juiced\*
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper ground

#### For the Garnish

- 1 bunch Fresh Basil Chopped

#### Instructions

1. **Toast the Pine Nuts:** In a hot cast iron skillet or frying pan toast pine nuts for 2-3 minutes moving them around the pan until toasty and fragrant. Set aside to cool.
2. **Roast the Veggies:** Turn oven to 425°F. Use two sheet pans. Place the mushrooms, bell peppers, asparagus, tomatoes, garlic and onion on one pan. Sprinkle with 2 Tbs of olive oil. Using a spatula, mix all the veggies together with the olive oil. Sprinkle with salt and pepper then stir again. Move 1/2 the

veggie mixture to the other sheet pan. Spread the veggies in one layer, making sure there's no overlapping on both pans. Roast in a 425F oven for 35-40 minutes (due to oven variations, keep an eye on your veggies and start checking your veggies at 25 minutes; a bit of charring is good!). Rotate pans 1/2 way through roasting.

3. **Make the Dressing:** In a small bowl or mason jar add the olive oil, lemon juice, salt, and pepper. Whisk until all the ingredients are emulsified.
4. **Putting it all Together:** In a large bowl, add the couscous, add the roasted veggies and all their juices, stir in the dressing, add feta, olives and pine nuts. Garnish generously with fresh chopped basil . Serve immediately. If serving later, store in the refrigerator then leave at room temperature for 15-20 minutes before serving.