

Mediterranean Couscous with Zucchini, Chickpeas & Feta

SERVES 4 TO 6



INGREDIENTS

- 1 pound zucchini and/or summer squash, cut into ½-inch cubes (about 2 ½ to 3 cups total)
- 2 cups water
- 1 ½ cups plain **Couscous** ★
- ¼ cup fresh lemon juice (about 1 ½ to 2 lemons)
- 3 medium garlic gloves, pressed or finely minced
- ⅓ cup extra-virgin olive oil
- 1 can (15 ounces) chickpeas (garbanzo beans), drained and rinsed
- ¼ cup chopped fresh parsley leaves
- 5 medium scallions, thinly sliced
- 4 ounces feta cheese, crumbled
- olive oil
- Kosher salt and fresh ground black pepper

FIRST

Heat a tablespoon of olive oil in a skillet over medium-high heat until shimmering but not smoking. Add half the squash in even layer and season with salt and pepper. Cook without stirring until golden brown on one side – 3 to 4 minutes. Transfer to a plate to cool. Repeat with remaining squash.

NEXT

Bring water to a boil in medium saucepan. Remove from heat, add couscous and 1 ½ teaspoons Kosher salt (¾ teaspoon table salt), and stir. Cover and let stand 10 minutes. Transfer couscous to a serving bowl and fluff with fork.

Meanwhile, whisk together lemon juice, garlic and olive oil in a small bowl. Add lemon juice mixture and chickpeas to couscous, toss well to combine and cool to room temperature, about 20 minutes.

LAST

Stir in parsley, scallions, feta and squash. Season with a generous amount of fresh black pepper and Kosher salt.

★ J.NOELLE NOTES

This salad can be served cold or at room temperature. It's a great dish to bring to potlucks or picnics and also makes a healthy, satisfying packed lunch.

DEFINITION

Couscous [koos-koos] – *noun*

A pasta of North African origin made of crushed and steamed semolina.