

SERVES 4 TO 6

Mediterranean Couscous with Zucchini, Chickpeas & Feta



ingredients

- 1 pound zucchini and/or summer squash, cut into ½-inch cubes (about 2 ½-3 cups total)
- 2 cups water
- 1½ teaspoons kosher salt
- 1½ cups plain **couscous**
- ¼ cup fresh lemon juice (about 1½-2 lemons)
- 3 garlic cloves, minced or passed through a garlic press
- ½ cup extra-virgin olive oil, plus more for serving
- 1 (15 ounce) can chickpeas (garbanzo beans), rinsed and drained
- ¼ cup chopped fresh parsley
- 5 scallions, thinly sliced
- 4 ounces feta cheese, crumbled
- olive oil
- kosher salt
- fresh black pepper

definition

couscous [kooos-koos] — *noun*

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

first

In a 12-inch skillet over medium-high, heat a tablespoon of oil until shimmering. Add half the zucchini in an even layer; season with salt and pepper. Cook without stirring until zucchini is lightly browned on one side — approximately 3 to 5 minutes. Transfer first batch to a plate to cool. Repeat with remaining zucchini.

next

for the couscous...

Place 2 cups water in a medium saucepan and bring to a rolling boil. Remove from heat and stir in the couscous and 1½ teaspoons kosher salt. Cover and let stand for 10 minutes while you prepare the dressing.

for the dressing...

In a large bowl, whisk together lemon juice, garlic and olive oil. Season to taste with salt and pepper.

Uncover couscous and fluff with a fork. Add couscous and drained chickpeas to the dressing. Let cool to room temperature.

last

Stir in zucchini, parsley, scallions and feta. Adjust seasoning to taste, adding a generous amount of salt, pepper and additional extra-virgin olive oil, as necessary.

★ cooknote

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.