

Couscous with vegetables

Here's a fun and colourful recipe! Simple and delicious, this customizable dish is a tasty and healthy meal that is sure to please.



Vegetarian



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
6

Ingredients

- 1 rutabaga cut into 2.5 cm (1 inch) cubes
- 4 carrots, cubed
- 4 parsnips, cubed
- 2 celery stalks, sliced
- 1 can (540 mL/19 oz) chickpeas, drained and rinsed
- 1 can (796 mL/28 oz) diced no salt added tomatoes
- 15 mL (1 tbsp) couscous spice (see tip)
- 2 bay leaves
- 3 zucchini sliced into thick rounds
- Whole grain couscous (see tip)

Directions

1. Place the rutabaga, carrots, parsnips, celery and chickpeas into a large pot.
2. Crush the tomatoes using a blender, and place in the pot with the spices and bay leaves. Add about 400 mL (1 2/3 cup) of water, or until the vegetables are just covered.
3. Bring to a boil, then lower the heat and simmer gently for 20 minutes until the vegetables are tender. Then add the zucchini, and continue cooking for 10 minutes. During this time, cook the couscous.
4. Once the vegetables are cooked, remove the bay leaves and serve on a bed of cooked couscous.

Tips

- ✓ **Couscous spice:** mix together 7.5 mL (1½ tsp) ground cumin, 7.5 mL (1½ tsp) ground coriander and 1 mL (¼ tsp) ground turmeric.
- ✓ **To prepare the couscous:** bring 375 mL (1½ cups) of water to a boil, then remove it from the heat, add 375 mL (1½ cups) of couscous, and cover. Let the couscous absorb water for about 5 minutes. Once this is done, the little chefs can fluff it with a fork.
- ✓ Stop couscous from clumping by stirring 5 mL (**1 tsp**) of olive oil into the couscous just before adding it to the water.
- ✓ Vary your legumes. Replace chickpeas with **navy beans**.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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