

SPINACH AND ARTICHOKE ISRAELI COUSCOUS

Coming from a humble beginning, Israeli couscous has been discovered by the culinary world. Consider it a trendy and upscale addition to any menu.

by Corporate Chef Kurt Kwaitkowski

Featured Food: Israeli Couscous

Yield: Serves 8

Ingredients

4 T. olive oil, divided	3 T. minced garlic
½ c. medium-diced red onion	1-12 oz. can artichoke hearts, drained and quartered
2 c. Israeli couscous	2 T. diced canned roasted red peppers
2 ½ c. water	1 ½ T. chopped fresh oregano
2 t. vegetable base	Zest of ½ a lemon
1-9 oz. package fresh baby spinach	Salt and pepper to taste

Preparation

Heat 2 Tablespoons olive oil in a large sauce pan over medium heat. Add onion and sauté for 4 minutes. Add the couscous to the pan and sauté for an additional 3 minutes or until lightly toasted. Stir in water and vegetable base. Reduce heat to a simmer, cover and cook for 8 to 10 minutes.

Meanwhile, heat the remaining olive oil in a sauté pan. Add spinach and garlic; sweat (cook in its own juices) until the spinach starts to wilt then add the artichokes and red pepper. Cook for an additional 2 minutes. Remove from heat.

Lightly fluff the couscous with a fork. Add vegetable mixture, oregano and lemon zest to the couscous pan. Season with salt and pepper. Toss well and adjust seasoning to taste.