

# 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.