

SEPTEMBER: Rainbow Bell Pepper Couscous •

Prep time: Total Time: 22 mins. Servings: 4 servings

Ingredients:

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 1 large clove garlic, minced
- 1 large shallot or 1/2 small red onion, minced
- 3 medium Local red, yellow, green or orange bell peppers or a mix, finely diced
- 2 teaspoons finely chopped fresh oregano
- Kosher salt and freshly ground black pepper
- 2/3 cup whole wheat couscous
- Lemon wedges, for serving



Directions:

Heat the olive oil in a medium saucepan over medium heat; add the garlic and shallots and cook, stirring frequently, until fragrant, about 2 minutes. Add 2/3 cup water, the bell peppers, oregano, 1 teaspoon salt and pepper to taste, bring to a boil over high heat and cook until the peppers just begin to soften, 2 to 3 minutes. Stir in the couscous, immediately cover and remove from the heat. Let stand, covered, until the liquid is absorbed and the couscous is tender, about 7 minutes.

Transfer to a platter or large bowl and serve with lemon wedges for squeezing.



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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?
(circle one) YES NO
2. Did your family enjoy preparing this month's featured recipe?
 YES NO
3. Is this the first time your family members have tried this vegetable / fruit?
 YES NO
4. Did your family members learn new facts or information about this month's fruit or vegetable?
 YES NO
5. Did your family like this month's featured item?
 YES NO