

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 red, yellow, green or orange local 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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