

Roasted Vegetable & Israeli Couscous Salad

Recipe adapted from The Flourishing Foodie

INGREDIENTS:

- 1 eggplant
- 1 zucchini
- 1 bell pepper
- a handful of cherry tomatoes
- 3 T olive oil
- salt + pepper
- 1 T butter
- 1 shallot, diced
- 1 cup Israeli couscous, uncooked
- 1 3/4 cup vegetable broth
- 4 oz. goat cheese, crumbled

DIRECTIONS:

- 1.** Preheat your oven to 350F and line a baking sheet with foil. Wash and slice your eggplant into 1/2 inch rounds. Cover each slice (top and bottom) with a generous amount of salt. Place a paper towel on a plate, top with salted eggplant, layer with another paper towel and then continue with eggplant and finish with paper towel. Place a heavy object on top to press down on the eggplant and get the bitterness out and into the towels. Let the eggplant sit for 20 minutes, then wash off the salt and chop into bite size pieces.
- 2.** Chop the zucchini, bell pepper, and cherry tomatoes into bite size pieces. Toss vegetables with olive oil, salt, and pepper. Pour onto the prepared baking sheet in as much of a single layer as possible. Roast in the oven for 60 minutes, tossing half-way through cook-time.
- 3.** In a frying pan, heat the butter and shallots for 2 minutes on medium-low heat. Add the uncooked couscous and toast for 3 minutes. Add broth and stir. Sprinkle with salt and pepper. Simmer for 5-10 minutes until soft and chewy, but not overcooked. The broth should be mostly evaporated.
- 4.** Toss the couscous with the vegetables. Season to taste and serve with goat cheese and fresh thyme or parsley.

