

ISRAELI COUSCOUS SALAD WITH ARUGULA PESTO

(adapted from [Food and Wine magazine](#))

6 cups packed arugula (6 ounces)
2 cups Israeli couscous (12 ounces)
2 Tbs extra-virgin olive oil
1/3 cup full fat yoghurt (or low fat if you prefer)
1/4 cup pine nuts
1 garlic clove, chopped
1/4 cup freshly grated Parmigiano-Reggiano cheese
Salt and freshly ground pepper
1 cup red cherry tomatoes, halved
1 English cucumber, peeled and diced

Bring a large saucepan of salted water to a boil. Add the 6 cups of arugula and blanch for 10 seconds. With a slotted spoon, transfer the arugula to a colander. Rinse under cold water to stop the cooking, drain well and reserve.

Add the couscous to the boiling water and cook over moderately high heat, stirring occasionally, until *al dente*, 8 to 10 minutes. Taste to make sure you do not overcook it. Drain, and spread on a large baking sheet, drizzling with a very small amount of olive oil (use a spray bottle if you have it) to prevent the little balls from sticking. Let it cool to room temperature.

In a small skillet, toast the pine nuts over moderate heat, tossing, until golden brown, about 2 minutes. Let cool.

Squeeze the excess water from the arugula, coarsely chop it, and place it in the bowl of a food processor. Transfer the arugula to a food processor. Add the pine nuts, garlic, cheese and the 2 Tbs of olive oil, processing until the arugula and pine nuts are chopped. Immediately add the yogurt, process until smooth, and season with salt and pepper to taste.

Transfer the couscous to a large serving bowl and stir in some of the pesto, using as much or as little as you like. Gently fold in the tomatoes and cucumber pieces. Adjust seasoning, and serve.