

COUSCOUS SALAD WITH ZUCCHINI AND PINE NUTS

(adapted from Food and Wine, May 2011)

1 cup diced zucchini
2 Tbs olive oil
salt and pepper

1 cup couscous
1 cup boiling water

3/4 cup frozen peas
1/2 cup water
2 Tbs lemon juice
2 Tbs olive oil
1/2 cup pine nuts, lightly toasted
fresh mint and parsley, minced
salt and pepper to taste

Heat the olive oil in a non-stick skillet and sautee the zucchini until golden. Season lightly with salt and pepper. You can prepare it in advance and keep it in the fridge.

Pour 1 cup of boiling water over the couscous in the bowl you intend to serve the salad. Cover with plastic wrap and let it sit at room temperature for 5-10 minutes as you prepare the rest of the recipe.

Boil the peas for 2 minutes, drain, reserving 1/4 cup of the water. Add the lemon juice and olive oil, a little salt, to the reserved pea water, and whisk well. Fluff the couscous with a fork, pour this dressing over it, mixing it well. Gently mix in the cooked peas, reserved zucchini, toasted pine nuts, and fresh herbs. Taste, adjust seasoning with salt and pepper, and serve.