

# Roasted Autumn Vegetables with Couscous



**Prep:** 20 minutes

**Cook:** 20 minutes

**Serves:** 4

*Ingredient Studio—Chefs Candy Argondizza & Marité Acosta*

- 1 cup of couscous
- 2 medium zucchini washed and cut into 1/2 inch pieces by cutting across the zucchini
- 1/2 pound of white button mushrooms wiped clean and cut in half
- 1 red pepper cut in half, remove the seeds and cut into 1/2 inch strips
- 2 medium carrots peeled and cut across into 1/2 inch pieces
- 1 red onion peeled, cut in half through the root end and then cut into 1/2 inch strips
- 3 tablespoons red wine vinegar
- 1/2 cup vegetable oil
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- Pinch of dried oregano



## Optional

Any leftovers like cooked chicken or beans can be added for additional protein. Substitute any cooked pasta for the couscous.

1. Place the couscous in a bowl. Heat 1 cup of water in a pot on the stove. When it comes to a boil, pour it over the couscous and immediately cover the bowl with plastic wrap, or foil, or place a plate on the bowl, so that couscous absorbs the water, about 10 minutes.
2. Pre-heat oven to 400°.
3. Place all of the vegetables into a large bowl, drizzle with a little of the oil, season with salt and pepper and place a cookie sheet or in a roasting pan.
4. Roast the vegetables until soft and golden brown, approximately 20 minutes.
5. Place all of the roasted vegetables into a large bowl, uncover the couscous and add to the vegetables. Add the rest of the ingredients and mix well. Taste and adjust seasoning if needed.

*Chef's Notes:* This dish can be eaten hot or at room temperature.