



Israeli Couscous with Roasted Butternut Squash

Prep Time: 15 min

Cook Time : 40 min

Serves: 4

NUTRITION FACTS, PER SERVING:

432 Calories

20.44 total grams of fat

469 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 2 TB olive oil**
- Non-stick cooking spray**
- 3 cups butternut squash, peeled and diced
- 1 TB Olive Oil**
- 1 cup red onion, diced
- 2 TB Olive Oil**
- 2 cups Israeli couscous
- 2 1/4 cups vegetable broth
- 1/2 cup raisins
- 1/2 cup sliced almonds
- 1/4 cup fresh parsley, chopped
- 1 lemon, zested
- Salt and pepper, to taste**

DIRECTIONS:

1. Preheat oven to 425 degrees F.
2. Toss diced **butternut squash** in **2 TB. olive oil**, season with **salt & pepper to taste**. Coat a baking sheet with non-stick spray and roast **butternut squash** for 15 minutes, or until soft. Set aside.
3. To prepare **couscous**, bring **2 1/4 cups vegetable broth** and **2 TB olive oil** to a boil. Stir in the **couscous**, cover and simmer for 8-10 minutes, stirring occasionally. Remove from heat and fluff with a fork. Season with **salt & black pepper to taste**. Transfer cooked couscous to a large bowl.
4. In a small skillet, heat **1 TB olive oil** over medium heat and sauté the **diced red onion** until translucent, about 5 minutes, season with **salt & pepper to taste**. Set aside.
5. To the same small skillet, add the **sliced almonds** and toast over medium heat for 2 minutes. Don't leave the pan unattended, as the almonds can quickly burn.
6. To the large bowl of cooked couscous, stir in the **raisins, sautéed onions, toasted almonds, lemon zest** and **chopped fresh parsley**. Gently fold in the **roasted butternut squash**. Serve warm or cold.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

