



Roasted Butternut Squash Israeli Couscous

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.

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