

Spiced Couscous with Apricots



Sirve:

6 - 8 servings as a side dish

Pieza:

12" Chef's Gourmet Skillet
large mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Couscous is a granular shaped pasta product made with semolina wheat. Couscous is traditionally used in Middle Eastern and North African cuisines. Serve this quick-to-make dish as a vegan entrée on top of salad greens, with a green vegetable or as a side dish to accompany grilled meat or chicken.

Use the 12 in. Electric Oil Core Skillet cover with your 12 in. Chef's Gourmet Skillet.

4 cups
water or vegetable stock
(950
mL)
 $\frac{3}{4}$ cup
dried apricots, unsulphered, chopped
(140
g)
 $\frac{1}{4}$ teaspoon
ground coriander
(.5
g)
2 teaspoons
ground cumin
(5
g)
1 teaspoon
natural salt
(6
g)
2 cinnamon sticks
2 cups
whole wheat couscous
(346
g)
15 ounces

cooked chickpeas
(425 g)
 $\frac{1}{2}$ cup
 slivered almonds, toasted
 (54 g)
 2 scallions, thinly sliced (white and green part)
 $\frac{1}{2}$ cup
 fresh parsley leaves, chopped
 (30 g)
 4 tablespoons
 fresh lemon juice
 (60 mL)
 3 tablespoons
 olive oil
 (45 mL)

Preparación :

1. Place water in skillet. Add apricots and whisk in coriander, cumin and salt. Add cinnamon sticks. Turn heat to medium and bring seasoned liquid to a simmer.
2. Carefully stir in couscous and chickpeas. Place 12 in. Electric Oil Core Skillet cover on skillet and turn off heat. Let rest for 5 minutes.
3. Remove cover and gently fluff grains with a fork.
4. Transfer to a large mixing bowl and let mixture cool for 15 minutes.
5. Add almonds, scallions, parsley, lemon juice and olive oil to mixture. Toss to combine.
6. Taste and season with additional salt and fresh ground pepper as needed.
7. Serve at room temperature or refrigerate until ready to serve.
8. Garnish with a sprinkle of ground cinnamon.

Consejos:

- Substitute slivered almonds for pistachio nuts or pine nuts.
- Substitute parsley for chopped fresh cilantro.

Información nutricional por ración

Calorías: 371
 Grasa Total: 11g
 Grasa 1g
 Saturada:
 Colesterol: 0mg
 Sodio: 305mg
 Carbohidratos: 60g
 Fibra 12g
 Dietética:
 Azúcar: 13g
 Proteína: 12g