



Couscous and White Bean Confetti Tabouli + Totally Tomato Feta Salad + Warm Honey Bear Tea

By Dylan Sabuco

Prep Time 25 / **Cook Time** 10 / **Serves** 4 - 6

Shopping List

FRESH

1/2 to 1 bunch parsley (1 1/4 C parsley, chopped)

1/2 bunch mint (12 leaves + 3 whole stems)

2 green onions

1 heart romaine lettuce, optional (2 C romaine, chopped)

2 roma tomatoes **** (see allergy subs below) ****

1 lemon

DAIRY

1/2 C feta cheese **** (see allergy subs below) ****

PANTRY

1 15-oz can of cannellini beans or great northern white beans **** (see allergy subs below) ****

1/2 C regular (Moroccan-style) couscous (or Israeli pearl-style—may take longer to cook) **** (see allergy subs below) ****

5 T olive oil

2/3 C honey

1 T salt

1/4 tsp ground black pepper

HAVE ON HAND

4 1/2 C water

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

chop: to cut something into small, rough pieces using a blade.

simmer: to cook a food gently, usually in a liquid, until softened.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

emulsify: to convert two or more liquids into an emulsion. What is an emulsion, you ask? It is a fine dispersion of teeny tiny droplets of one liquid into another. It's what allows oil and vinegar to mix and not separate.

chop: to cut something into small, rough pieces using a blade.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

Equipment

Medium pot

Liquid measuring cup

Dry measuring cups

Measuring spoons

Wooden spoon

Large mixing bowl

Cutting board

Kid-safe knife

Can opener

- Strainer/colander
- Citrus juicer (optional)
- Whisk
- Medium mixing bowl
- Large saucepan
- Pitcher

Ingredients

Couscous and White Bean Confetti Tabouli

- 1 15-oz can of cannellini beans or great northern white beans, drained and rinsed **** (for LEGUME ALLERGY sub 1 C small eggplant, peeled and chopped)****
- 1/2 C regular (Moroccan-style) couscous (or Israeli pearl-style—may take longer to cook) **** (for GLUTEN ALLERGY sub quinoa or brown rice)****
- 1 C parsley, chopped (roughly 1/2 bunch)
- 1/4 C mint leaves, chopped (roughly 12 leaves)
- 2 green onions
- 1 roma tomato **** (for NIGHTSHADE ALLERGY sub 1 small zucchini)****
- 1/2 lemon (1 T lemon juice)
- 3 T olive oil
- 1 drizzle honey
- 3/4 to 2 tsp salt, divided
- 1 pinch ground black pepper
- 3/4 C water
- 2 C chopped romaine lettuce, optional

Totally Tomato Feta Salad

- 1 roma tomato **** (for NIGHTSHADE ALLERGY sub 1 C strawberries, chopped)****
- 1/2 C feta cheese **** (for DAIRY ALLERGY sub dairy-free/nut-free feta cheese)****
- 2 T olive oil
- 1/2 lemon (1 tsp lemon juice)

- 1/4 C fresh parsley, chopped
- 1 drizzle honey
- 1 pinch of salt
- 1 pinch ground black pepper

Warm Honey Bear Tea

- 1/2 C honey
- 3 1/2 C water
- 3 whole stems of mint (not the leaves—you can use the leaves in Couscous and White Bean Confetti Tabouli or another recipe)

Food Allergen Substitutions

Couscous and White Bean Confetti Tabouli

Legume: For 1 15-oz can of cannellini beans or great northern beans, substitute 1 C small eggplant, peeled and chopped.

Gluten/Wheat: Substitute quinoa or brown rice for couscous.

Nightshade/Tomato: For 1 roma tomato, substitute 1 small zucchini.

Totally Tomato Feta Salad

Nightshade/Tomato: For 1 roma tomato, substitute 1 C strawberries, chopped (if no allergy to strawberries).

Dairy: Substitute dairy-free/nut-free feta cheese.

Warm Honey Bear Tea

Instructions

Couscous and White Bean Confetti Tabouli

intro

Tabouli or Tabbouleh (tah-BOO-lee) is a salad made by mixing a hearty amount of herbs with cooked grain. This popular Middle Eastern dish originated in the mountains of Lebanon and Syria. This fresh salad is now enjoyed all over the Middle East.

measure + simmer + stir

Measure **3/4 cup water** and **1/4 to 1 teaspoon salt** in a medium pot over high heat. Once the water is boiling, measure and pour in **1 tablespoon olive oil** and **1/2 cup couscous**. Stir a few times, reduce the heat to medium, cover with a lid, and cook for 5 minutes. Turn the heat off and pour the couscous into a large mixing bowl. Reserve for later.

chop + toss

Chop **1 cup parsley**, **2 green onions**, **1 roma tomato**, and **1/4 cup mint leaves**. Add all the chopped ingredients in the bowl with the couscous. Then, drain, rinse, and add **1 can of cannellini beans or great northern white beans**. Toss all the ingredients in the large bowl together.

whisk + squeeze

Time to make the salad dressing. Slice **1 lemon** in half. Squeeze **1 tablespoon of lemon juice** into a liquid measuring cup. Measure and add **2 tablespoons olive oil**, **1/2 to 1 teaspoon salt**, **1 drizzle of honey**, and **1 pinch of black pepper** to the liquid measuring cup. Whisk to combine.

drizzle + stir

Drizzle the lemony salad dressing over the Couscous and White Bean Confetti Tabouli. Stir gently to combine. Serve alongside Totally Tomato Feta Salad + Warm Honey Bear Tea. Tabouli is also commonly served with lettuce. You can chop **2 cups of romaine lettuce** to toss into your tabouli right before serving.

Totally Tomato Feta Salad

chop + measure + toss

Chop **1 roma tomato** and **1/4 cup fresh parsley** and place them into a medium mixing bowl. Then, crumble **1/2 cup feta cheese** into the bowl. Gently toss the ingredients together.

whisk + drizzle

Measure **2 tablespoons olive oil**, **1 drizzle of honey**, **1 pinch of salt**, and **1 pinch of black pepper** into a liquid measuring cup. Slice **1 lemon** in half. Squeeze **1 teaspoon of the lemon juice** into the liquid measuring cup. (Reserve the remaining lemon for the Couscous and White Bean Confetti Tabouli if making). Whisk the lemon and olive oil mixture together until combined. Drizzle the salad dressing over the top of the tomato feta salad.

scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create

the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and lemon juice to combine for enough time to drizzle over your salad.

toss + serve

Toss the salad one more time. Taste and adjust the seasoning to your taste. You can add more honey, salt, or pepper as you see fit. Enjoy!

Warm Honey Bear Tea

measure + simmer

Measure and combine **1/2 cup honey** and **3 1/2 cups water** over medium high heat in a large saucepan. Stir until the honey is completely dissolved, then bring the mixture to a simmer for 5 minutes.

stir + cool

Remove the leaves from **3 mint stems** (reserve leaves for Couscous and White Bean Confetti Tabouli or another recipe). Then, stir the stems into the honey and water mixture. Turn the heat off and let the tea cool for a few minutes before you serve it. You can also transfer the tea to a pitcher and chill it in your refrigerator for Iced Honey Bear Tea. Enjoy!

Featured Ingredient: Couscous!

Hi! I'm Couscous!

"Don't you think it's fun to say my name: 'Couscous' (Kooos-koos)? I'm not only a type of semolina granule but also a dish! You can add beans, veggies, fruit, fish, or meat and a spicy or sweet sauce to cooked couscous. Yum!"

Couscous is from North Africa. It is a staple of Maghrebi cuisine of Northwest Africa, an area along the Mediterranean Sea that includes Algeria, Libya, Mauritania, Morocco, and Tunisia. Each of these countries has its own variation of the dish.

In 2020, couscous was added to UNESCO's List of Intangible Cultural Heritage, along with Maghrebi cuisine.

The word "couscous" is from early 17th century French, from Arabic "kuskus," from "kaskasa" (to pound), probably of Berber origin. The Berbers are ethnic groups indigenous to North Africa, predating the Arabs. The rolled semolina granules of couscous are made from crushed durum wheat. You can purchase already steamed and dried couscous. Or, you can make your own by adding a bit of water moisture to semolina (not enough to make a dough), then pressing and stirring with your hands until it forms small pellets or granules about 2 mm in size. These are sifted to remove clumps and any pellets that are too small.

You can cook the couscous in a steamer, but traditional Berber cooking uses a "couscoussiere," a steamer specifically made to steam couscous. It can be ceramic or metal, with a larger pot for the water sitting on the heat source and a smaller pot on top with a perforated bottom to hold and steam the couscous granules. The pot of hot water can also be used to simmer the steamed couscous to finish the dish.

In some regions of Algeria, a sweet dish called "Mesfouf" is made with couscous and a sweet sauce made of butter, cinnamon, raisins, and sugar.

Libyans usually eat their couscous with lamb, although they might also enjoy a sweet couscous dessert in addition to the savory dish.

In Mauritania, they eat couscous with beans and vegetables or with lamb, beef, chicken, or camel.

Moroccans may add a sweet sauce called "tfaya" to their couscous. It is made of caramelized onions, cinnamon, honey, and raisins.

Tunisians prefer their couscous spicy, using "harissa," a hot sauce made with roasted red peppers and a type of chili pepper called a "Baklouti" pepper.

Couscous and pasta have similar nutritional value. A 1/4 cup serving of couscous provides 5 grams of protein, no fat, and 30 grams of carbohydrates. A whole wheat version provides 5 to 6 grams of fiber. Gluten-free couscous is available to purchase in some grocery stores or online.