



## Couscous and White Bean Confetti Tabouli

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 5 / **Serves** 4 - 6

### 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.

### 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

## 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 quick-cook 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

## 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.

## 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.

## Featured Ingredient: Couscous!

Hi! I'm Couscous!

"Don't you think it's fun to say my name: 'Couscous' (Koos-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 Mahgrebi 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.