

COUSCOUS WITH JULIENNED VEGETABLES

Equipment:

Measuring Spoons

Measuring Cup

2 Qt Casserole

1 Qt. Glass Casserole

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1 cup couscous 250 ml

1 1/2 cups water 375 ml

2 envelopes instant chicken broth 2

2 tbsp butter 25 ml

1 clove garlic, minced 1

2 tbsp finely chopped onion 25 ml

1/2 cup julienned carrot strips 125 ml

1/2 cup julienned zucchini strips 125 ml

1/2 cup julienned summer squash strips 125 ml

1/2 cup grated Parmesan cheese 125 ml

Procedure:

1. Place couscous in a 2-quart (2 L) casserole.
2. Heat water at **P7** 2 1/2 - 3 minutes, or until boiling.
3. Pour water over chicken broth granules in a 2-cup (500 ml) glass measuring cup.
4. Pour hot broth over couscous; cover and set aside.
5. In a 1-quart (1 L) glass casserole, heat butter at **P7** 45 seconds, or until melted.
6. Add garlic and onion.
7. Cover.
8. Cook at **P7** 1 minute.
9. Add carrots.
10. Cover.
11. Cook at **P7** 1 minute.
12. Add zucchini and squash.
13. Cover.
14. Cook at **P7** 1 1/2 minutes.
15. Stir cooked vegetables into couscous.
16. Cover.
17. Cook at **P7** 1 minute.
18. Stir in Parmesan cheese.