

Israeli Couscous with Apples and Cranberries



Makes:

8 servings

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
3.5 Qt. Double Walled Bowl
small mixing bowl

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Recipe:

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Recipe Description:

Israeli couscous, a baked wheat produce, brings a delectable nutty flavor to this fresh tasting recipe. This tasty and satisfying recipe can be made ahead of time and served as a wonderful accompaniment with any meat. Or the full-flavor stands alone as a nutritious lunch or light dinner.

4 cups
chicken broth
(960
mL)
2 cups
Israeli whole wheat couscous
(346
g)
1/4 cup
fresh parsley, chopped
(15
g)
1 1/2 tablespoons
fresh rosemary, chopped
(22.5
mL)
1 teaspoon
fresh thyme, chopped
(5
mL)
1 green apple, chopped, use Cone #3
1 cup
dried cranberries
(121
g)
1/2 cup
slivered almonds, toasted
(54
g)

Vinaigrette

$\frac{1}{4}$
cup apple cider (60 mL) 2
vinegar 1
tablespoons maple (30 mL) $\frac{1}{2}$
syrup $\frac{1}{4}$
tablespoon kosher salt (15 mL)
teaspoon black pepper (2.5 mL) cup olive oil (60 mL)

Directions:

1. Place chicken broth into sauce pan and over medium heat bring to a boil. Add couscous, reduce heat to medium-low, cover and simmer for approximately 12 minutes or until liquid has evaporated.
2. Transfer cooked couscous to the double-sided bowl and set aside to cool.
3. When cooled add parsley, rosemary, thyme, apple, dried cranberries and almonds.
4. In a small bowl or jar combine vinegar, maple syrup, salt, pepper and olive oil until smooth. Pour vinaigrette over couscous and toss until blended. Serve.

Tips:

- Israeli couscous, or pearl couscous, is a small, round pellet made from baked whole wheat. When cooked it has a nutty flavor and a chewy consistency.
- Orzo can be substituted for Israeli couscous but the dish will not have the toasted, nutty flavor.
- Can be made in-total one day prior to serving.
- To toast almonds, place in 1 quart sauce pan over medium-low heat. Stir until edges of almonds are browned and you can smell the toasting nuts.

Nutritional Information per

▼ Serving

Calories: 369
Total Fat: 12g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 1093mg
Total 55g
Carbs:
Dietary Fiber: 4g
Sugar: 15g
Protein: 10g