

Spicy Couscous and Chickpeas



Makes 7 servings

Couscous is one of the world's first convenience foods! Just add boiling liquid and this lovely grain puffs up nicely and really absorbs flavoring.

- 6 minced garlic cloves
 - 2 tablespoons olive oil, divided
 - 1 shallot, minced
 - 1 1/2 cups chickpeas, cooked and drained (well-rinsed if you use canned)
 - 1 cup tomato, seeded and diced (fresh or canned)
 - 1/4 cup cilantro, chopped
 - 1/4 cup mint leaves, chopped
 - 2 cups couscous
 - 2 cups water
 - 2 tablespoons fresh lemon juice
 - 1 teaspoon lemon zest, freshly grated
 - 2 teaspoons ground coriander
 - 1 1/2 teaspoons ground cumin
 - 1/4 teaspoon smoked paprika
 - 3/4 teaspoon salt
 - black pepper
1. Sauté garlic in one tablespoon olive oil over low heat.
 2. When garlic is just beginning to turn golden brown, stir in the cumin, coriander, paprika, salt, and pepper.
 3. Add 2 cups of water and bring to a low boil.
 4. Remove from the heat and add the couscous, stirring to make sure grains are completely covered by liquid.
 5. Cover with tight lid and let stand while the couscous absorbs the cooking liquid (see package directions for timing).
 6. While the couscous continues cooking in the pot, make the salad dressing: combine the lemon juice, lemon zest, and one tablespoon olive oil in a small mixing bowl.
 7. When couscous has puffed up, spread onto a baking sheet to cool.

8. Transfer the cooled couscous to a large bowl, then add lemon juice mixture. Add shallots, tomato, mint, cilantro, and chickpeas. Mix well, cover and set aside for at least one hour before serving. Can keep for up to a day in the refrigerator.