



Vegetable Couscous with Yogurt Sauce



Whole grain couscous cooks up quickly and is a great dish to jazz up with colorful veggies and protein-packed nuts. This recipe comes to us from [Veggi Rider](#), a fun, illustrated app designed to help parents and kids get excited about cooking with veggies!

Ingredients: (serves 4)

For the Couscous:

- 1/3 cup raisins
- 1 1/2 cup whole grain couscous
- 8 oz. snow peas
- 1 red bell pepper
- 2 tbsp. olive oil
- 1 clove garlic
- 1/2 cup unsalted cashews
- 1/2 tsp. turmeric
- 1 tbsp. lemon juice
- 2 tbsp. fresh mint leaves, finely chopped

For the Yogurt Sauce:

- 1 8-oz. container Greek yogurt
- 1 clove garlic, minced
- 1 tbsp. fresh dill
- 1 tbsp. lemon juice
- Salt & pepper

Instructions:

Together: Mince garlic and fresh dill, squeeze juice from lemon.

Kid: Mix the yogurt with minced garlic, fresh dill and lemon juice. Salt & pepper to taste. Set aside.

Together: Put the raisins in a bowl and cover with boiling water. Drain after 10-15 minutes. Set aside.

Together: Cook the whole grain couscous according to package instructions. Transfer to a large bowl. Fluff with a fork and set aside to cool.

Together: Steam snow peas 3-4 minutes, until fork tender. Cool under cold running water. Set aside.

Together: De-seed and dice the red bell pepper.

Adult: Put a large frying pan over medium heat. Add 2 tablespoons olive oil. Add the bell pepper and minced clove garlic. Stir-fry 2 minutes.

Kid: Stir in raisins, snow peas, and cashew nuts.

Together: Stir in 1/2 teaspoon turmeric. Cook for another 2 minutes.

Together: Transfer all ingredients to the bowl of couscous and gently mix.

Kid: Add finely chopped mint leaves and a squeeze of lemon juice. Serve with the yogurt sauce.

Nutrition info per serving: 537 Calories, 169 Calories from Fat, 19g Total Fat, 4g Saturated Fat, 3mg Cholesterol, 30mg Sodium, 447g Potassium, 79g Total Carbohydrates, 10g Dietary Fiber, 15g Protein, 23g Sugars, 36% Vitamin A, 117% Vitamin C, 14% Calcium, 30% Iron

Food For Thought!



Couscous is a popular dish from North Africa, where the Sahara Desert is. Doesn't cooked couscous look a little bit like a desert's sand dunes? Pretend you are a camel crossing the giant desert of your dinner plate. Don't forget to create a beautiful oasis (a small watering hole) out of yogurt sauce.

Cooking Tip of the Week

Turmeric is a bright orange spice that's packed with antioxidants. It has a slightly bitter flavor, but it is mostly used for its color. If you can't find it in the spice aisle, you can leave it out or substitute curry powder for an extra punch of flavor.

Conversation Starter

If you were going to be trapped on a desert island for one year and you could only take one book with you, what would it be?



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