

Israeli Couscous with Squash and Chard



Preparation Time: 10 minutes

Cook Time: 10 minutes

Servings: 6 to 8

Ingredients:

2 cups peeled and cubed butternut squash (about 10 ounces)

2 cups Israeli couscous

4 Tablespoons butter

1/2 medium onion, thinly sliced

4 chard leaves, stems removed, cut into shreds

Salt and pepper, to taste

Description:

Place squash cubes in a saucepan and cover squash with about one inch of water. Bring to a boil; cook, covered, on medium-high heat for about 6 minutes or until squash is tender. Drain.

Bring a medium to large pot half-filled with water to a boil. Add couscous and cook for about 4 minutes or until it is tender but not mushy. Drain; cover to keep warm.

Melt butter in large pan. Stir in the onions and cook, covered, over medium heat for about 4 minutes or until the onions are soft. Add the squash and couscous; stir gently. Season with salt and pepper, to taste. Turn off heat; stir in chard. Serve immediately or at room temperature.

Sara's Tip: This recipe uses butternut squash (high in beta-carotene), slow-cooked onions and chard (Vitamin A, C, K and antioxidants) to decrease inflammation.