

Brussels Sprouts & Couscous with Dried Cranberries and Pecans



Ingredients:

1 1/2 cups water

4 cups Brussels sprouts leaves

Coarse salt and freshly ground pepper

1 tsp grated lemon zest, plus 2 tbsp lemon juice

1 1/4 cup Israeli or pearl couscous

dried cranberries

2 tablespoons extra-virgin olive oil

toasted pecans, chopped

Method: Bring water and 1 teaspoon salt to a boil in a medium saucepan. Add couscous, and simmer, covered, until tender, about 5-8 minutes. Transfer to a large bowl. Meanwhile, heat 1 tablespoon oil in a medium high-sided skillet over high heat. Cook Brussels sprouts leaves until tender and lightly browned, 2 to 3 minutes. Remove from heat. Stir in lemon zest and juice. Season with salt and pepper. Stir Brussels sprouts leaves into couscous. Stir in remaining tablespoon oil; season with salt and pepper. Garnish with cranberries, pecans and serve warm or at room temperature.