

Caramelized Yellow Crookneck Squash, Sweet Onions and Garlic over Couscous



Ingredients:

3-4 yellow squash, cut into 1/4 inch slices

1 lg onion cut into wedges, root intact

1 whole head garlic, cloves separated and peeled

1-2 tablespoon extra virgin olive oil

Sea Salt to taste

Cracked black pepper to taste

Fresh oregano or favorite herb, chopped to taste

1 10 oz box couscous (Near East Brand) favorite flavor

Method: pre-heat oven to 350 degrees with rack at lowest position. Line a baking sheet with foil. Brush foil with extra virgin olive oil. Combine squash, onions and garlic in a large mixing bowl. Add extra virgin olive oil and season to taste. Toss to coat evenly. Spread squash and onions onto baking sheet (single layer, you want squash and onions to lay flat on baking sheet to ensure proper caramelization). Sprinkle garlic in between the cracks. Place in oven and cook 45 minutes to an hour. Remove from oven when squash and onions are well caramelized but not burned. (do not flip or stir squash and onions during cooking). Let rest 2-3 minutes. Meanwhile cook couscous according to box instructions. To serve place couscous in a large bowl. With a spatula flip squash and onions over onto couscous. Top with garlic and fresh chopped oregano to taste.