

March 20, 2000

Tante Marie's Roast Pumpkin and Couscous Salad

Ingredients

1 lb. sugar pumpkin, butternut squash, or other winter squash, peeled, seeded, and sliced
4 Tbs. olive oil
coarse salt and freshly ground black pepper
2 1/2 tsp. ground cumin
1/2 lb. green beans, trimmed and cut in 2-inch pieces
1 cup couscous
1 1/4 cups boiling vegetable stock (or water)
juice of half a lemon
1/2 lb. cherry tomatoes
1/2 cup plus 2 Tbs. chopped fresh mint leaves
1/2 cup plain yogurt
1 Tbs. honey

Instructions

Place the pumpkin in a baking dish coated with olive oil, sprinkle with 1/2 tsp. ground cumin and 1/2 tsp. salt. Bake in a preheated 400 degree oven for 30 minutes or until pumpkin is golden and soft. Set aside.

Bring a saucepan of water to the boil, add 1 tsp. salt, and drop in the green beans. Simmer for 6-8 minutes, until the beans are tender when pierced with a fork. Drain in a sieve or colander and run cold water over them to chill.

Place couscous in a bowl and pour over boiling vegetable stock (or water). Add remaining olive oil and lemon juice to couscous and allow bowl to stand for 5 minutes or until water has been absorbed.

Cut the cherry tomatoes in half if large. Place couscous, pumpkin, beans, cherry tomatoes, and mint in a bowl and toss to combine.

To make the dressing, combine yogurt, honey, and remaining cumin and mint in a small bowl. To serve, place salad on plates and spoon over dressing.

Serves 4.

Note

You can add 1/2 cup chopped almonds, and 1/2 cup dried currants, for added texture and taste.

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(Recipe adapted from THE NEW COOK by Donna Hay)