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Lemon Couscous With Asparagus and Tomato

The Washington Post, May 4, 2011

★ Nourish

Course: Side Dish

Features: Healthy

Summary:

This side dish is great for an easy warm-weather meal. Just add grilled meat or fish.

To keep things simple, buy medium-thick asparagus whose spears are all about the same size.

This is best served right after it is made; otherwise, the lemon juice will discolor the asparagus.

Makes 5 cups (8 servings)

Ingredients:

- 1 cup plain dried quick-cooking couscous
- 12 ounces asparagus, tough ends removed
- 2 medium tomatoes, peeled, seeded and cut into 1/3-inch dice (each tomato 6 ounces, 1 cup diced; see NOTE)
- Finely grated zest and freshly squeezed juice of 2 lemons (2 tablespoons zest, 1/3 to 1/2 cup juice)
- 2 to 3 tablespoons extra-virgin olive oil
- 3 tablespoons chopped parsley
- Salt
- Freshly ground black pepper

Directions:

Prepare the couscous according to the package directions. Make sure to fluff and separate the grains when the couscous is done. Transfer to a large bowl.

Fill a large bowl with ice water. Bring a shallow pan of lightly salted water to a boil over medium-high heat. Add the asparagus and cook for 4 to 6 minutes, just until tender. Transfer the asparagus to the ice water; cool for 5 minutes. Remove and dry the spears; cut into 1/2-inch lengths.

Add the following to the couscous: the cut asparagus, tomatoes, lemon zest and juice, 2 tablespoons of the oil, the parsley and salt and pepper to taste; toss to combine. Taste, and adjust the seasoning as needed. If the couscous seems dry, add the remaining tablespoon of oil.

Serve immediately.

NOTE: To peel tomatoes, use a small, sharp knife to cut an X in the bottom of each one. Drop them into a large bowl of just-boiled water; let sit for a few minutes. You should see the peel start to curl where the X is. Transfer to a bowl of cold water or let cool, then discard the peel. Cut the peeled tomatoes in half; gently squeeze to release and discard the seed gel in each half.

Recipe Source:

From Nourish columnist Stephanie Witt Sedgwick.



(Mark Gail/The Washington Post)

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NUTRITION FACTS	
Information per serving	
Calories: 130	
% Daily Values*	
Total Fat: 4g	6
Saturated Fat: 1g	5
Cholesterol: 0mg	0
Sodium: 40mg	2
Total Carbohydrates: 20g	7
Dietary Fiber: 2g	8
Sugar: 2g	
Protein: 4g	

*Percent Daily Value based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat:	Less than	65g
Saturated Fat:	Less than	20g
Cholesterol:	Less than	300mg
Sodium:	Less than	2,400mg
Total Carbohydrates:		300g
Dietary Fiber:		25g

Min

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Tested by Stephanie Witt Sedgwick for The Washington Post.
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