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Warm Couscous Salad with Feta, Caramelized Summer Squashes and Onions

When the zucchini and yellow squash are abundant in my gardens, I cook huge amounts of them along with caramelized onions and make this easy summer salad. Add a store bought rotisserie chicken, and you have a great summer meal. Remember to pick summer squash when it is fairly small, about 5-6 inches long, so it will be sweet and tender.

2 tablespoons unsalted butter
2 tablespoons grape seed oil
1 cup sweet onions, ½ inch dice
1 tablespoon minced garlic
2 small zucchini (4-6 inches long), ½ inch dice
2 small yellow squash (4-6 inches long), ½ inch dice
2 tablespoons fresh basil, cut into ribbons
1 cup dry whole wheat couscous
1 cup water
¼ cup freshly grated parmesan cheese (optional)
Kosher salt
Freshly ground pepper

In a medium nonstick skillet over medium high heat, melt one tablespoon of the butter with one tablespoon of the oil.

Sauté the onions, stirring occasionally, until they are softened and browned around the edges, about 5 minutes.

Add the garlic and sauté for one additional minute.

Remove the onion mixture and put it in a large serving bowl. Cover to keep warm.

Add the remaining butter and oil to the pan.

Sauté the zucchini and yellow squash, stirring occasionally, until they are browned around the edges, about 5 minutes.

Add the basil and sauté for one additional minute. Place the squash in the bowl with the onion mixture.

While you are sautéing the onions and squashes, boil the one cup of water in a medium sized saucepan and remove it from the heat.

Pour the couscous into the water and stir well. Cover and let stand for 5 minutes. Gently fluff with a fork and combine the cooked couscous with the onions and squash mixture.

Add salt and pepper to taste.

Sprinkle with the cheese, if using it, and serve immediately.

Serves 4.

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