

Cauliflower and Couscous Pilaf

From – eatingwell.com

1 Tbsp extra-virgin olive oil
4 cups finely chopped cauliflower florets (about 1 medium head)
½ tsp salt
¾ cup reduced-sodium chicken broth
1 tsp freshly grated orange zest
¼ cup orange juice
¼ cup currants
⅔ cup whole-wheat couscous
½ cup sliced scallion greens

- Heat oil in a large saucepan over medium heat.
- Add cauliflower and salt. Cook, stirring, until softened, about 3 minutes.
- Add broth, orange zest, juice and currants. Bring to a boil over high heat.
- Stir in couscous and scallions.
- Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes.
- Fluff with a fork.



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