



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Roasted Vegetable Couscous

## Ingredients

- 1 pound of green beans (ends cut/cleaned)
- 1 large sweet potato
- 1 medium zucchini chopped
- 1 crown of broccoli chopped
- 1/2 cauliflower chopped
- 1 tsp ground cumin
- 1/2 tsp garlic powder or fresh garlic minced
- salt & pepper
- 3 tsp olive oil divided
- 1 cup giant/pearl couscous prepared according to package instructions -
- Desired amount of Mozzarella cheese
- juice of a lemon

## Instructions

Pre heat oven to 425f.

1. Take a large rimmed baking sheet, and place all veggies into a rough pile on the sheet.
2. Sprinkle vegetable pile with ground cumin, garlic, salt & pepper and mix to coat - I use my hands for this.
3. Drizzle 2 tsp of olive oil over vegetables, then mix again to coat. Spread the vegetables out evenly on the baking sheet, and bake for 20 mins.
4. Meanwhile, cook the couscous according to packet instructions
5. Place the cooked couscous in a bowl, then add the roasted vegetables plus the extra 1 tsp of olive oil and lemon juice. Add mozzarella, mixing lightly to combine.

### **GREATER VALLEY YMCA, EASTON/PHILLIPSBURG BRANCH**

1225 West Lafayette Street, Easton, PA 18042

(P) 610 258 6158 (F) 610 258 8903 (W) gv-ymca.org