

---

## Roasted Winter Vegetables on Whole Wheat Couscous

3	carrots, cut into 1" pieces
2	onions, cut into wedges
½	butternut squash, peeled and cut into 1" chunks (~ 3cups)
2	parsnips, cut into 1" pieces
2	cloves garlic, minced
½ tsp	dried thyme, lightly crushed
½ tsp	dried rosemary, lightly crushed
3 tbsp	olive oil, divided
2	leeks, well washed, cut in half lengthwise and sliced
1 cup	whole wheat couscous
1 ½ cups	organic vegetable or chicken broth
¼ cup	fresh parsley, chopped
	Sea salt and pepper to taste

In small saucepan, cover carrots with water, bring to a boil, reduce heat and simmer about 4 minutes or until partially cooked; drain. In large bowl, toss carrots, onions, parsnips, and squash with thyme, rosemary, and 2 tbsp olive oil to coat evenly. Place in large roasting pan and roast in 375°F oven for 30-35 minutes, or until vegetables are tender. Stir gently during cooking.

In large skillet, heat remaining 1 tbsp oil over medium heat. Cook leeks until very lightly softened, 1-2 minutes. Stir in couscous, and cook until lightly toasted, about 3 minutes, stirring often. Add broth, bring to a boil, add garlic, cover, remove from heat and let stand until liquid is absorbed, about 5 minutes. Season to taste with salt and pepper. To serve, place couscous in large warmed serving dish, spoon vegetables over couscous. Sprinkle with parsley. Serves 4-6. (Substitute rice to make wheat-free – make as per package directions, using broth, garlic, and sautéed leeks.)

Adapted from *Ontario Fresh Foodland Ontario 2006 Calendar*.

---

### Nutritional Value of Select Ingredients

**Winter Squash** – Squash is a powerhouse of beta-carotene (which gets converted to vitamin A in the body), which makes it great for preserving eyesight, minimizing cataracts, warding off infections, cancer, stroke, and heart disease. It can minimize the risk of lung cancer in those who smoke or are exposed to second hand smoke.

**Garlic** – Garlic is touted as a “cure-all” due to its many uses in medicine. It has a beneficial effect on heart disease, cancer, and infectious diseases. It decreases cholesterol levels, detoxifies the body, stimulates the immune system, and the list goes on and on. Eat garlic raw and regularly for maximum benefits.

**Olive Oil** – Cold pressed extra virgin olive oil is a great monounsaturated fatty acid, especially for cooking. They have a good variety of vitamins and minerals, and can help lower LDL cholesterol, control blood pressure, and aid in diabetes.

**Onions and Leeks** – Onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Really you can't go wrong! Eat them daily – raw or cooked.

**Parsley** – This herb is used as a diuretic, for detoxification and ingestion, and for the lungs and spleen. Great for the kidneys, it is full on minerals, vitamins, fibre, and phytonutrients.