



## Recipes

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# Roasted Vegetable and Curry Couscous Taco

Serves 1

### Ingredients:

- 1 6" Red Corn Tortilla (10611)
- 4.5 oz. Aromatic Couscous (see Related Recipe)
- 2 Tbsp. Cilantro Yogurt Sauce (see Related Recipe)
- 1 Tbsp. Roasted and Salted Cashews , chopped
- 2 Tbsp. Dried Cranberries

### Directions:

1. Fry Red Corn Tortilla in a 350°F fryer for approximately 30-40 seconds or until bubbling stops and desired color is achieved.
2. Place couscous in center of tortilla, top with yogurt sauce, zucchini medley, cashews and cranberries & serve.

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## Cilantro Yogurt Sauce

Serves 1

### Ingredients:

- 1/5 oz. (7 cups) Cilantro Leaves
- 1/8 oz. (4 Tbsp.) Fresh Lime Juice
- 1/8 tsp. Salt
- 1 oz. (1½ cups) Whole Milk Yogurt or Labne (Middle Eastern Yogurt)
- 2/3 oz. (1 cup) Sour Cream
- 1/6 cloves, Garlic , minced

### Directions:

1. Roughly chop cilantro. Place in food processor or blender with lime juice and salt. Puree. Add remaining ingredients and puree until smooth.
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### Aromatic Couscous

Serves 1

#### Ingredients:

1/4 oz. (1/3 cup) Vegetable or Olive Oil  
3 1/3 oz. (6¾ cups) Plain Couscous  
1/3 small Onion , finely chopped  
1/8 oz. (4 Tbsp.) Curry Powder  
1/4 qt. (12 cups) Water

#### Directions:

1. Heat half of the oil in a large pot over medium heat. Add couscous to pot and sauté until lightly golden. Remove and set aside.
2. In same pot, heat remaining oil and sauté onions until translucent. Add curry powder and continue to sauté until aromatic, about 3 minutes.
3. Add water and simmer for 20 minutes, covered. Remove from heat and pour couscous into the pot, stir quickly. Cover and allow to steam for 10 minutes.
4. Remove lid and fluff and separate couscous.