



Recipes

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Roasted Vegetable & Curry Couscous Wrap

Serves 1

Ingredients:

1 Mission® 12" Red Sundried Tomato Basil Wrap
(18802)
4.5 oz. (2¾ cups) 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. Heat wrap until warm and pliable. Place couscous in center of wrap, top with yogurt sauce, zucchini medley, cashews and cranberries. Fold in sides of wrap, then fold forward to seal.

Zucchini Medley

Serves 1

Ingredients:

Olive Oil
4 oz. Zucchini , cut in half lengthwise
4 oz. Yellow Squash , cut in half lengthwise
3/5 large Red Bell Pepper , stemmed and halved with
membrane removed
Salt and Pepper to taste

Directions:

1. Coat vegetables with olive oil. Season to taste with salt and pepper. Place on grill and grill until tender and golden. Remove from grill and dice. Set aside and keep warm until ready to 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.

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.