

Israeli Couscous with Za'atar, Chickpeas, and Carrots (adapted from a Food52 recipe)

This month's recipe is from Rachel Jensen, a 4th year medical student who will be starting her general surgery residency at UC San Diego in July. She loves "feeding the people" and making meals/desserts with friends! She has particularly enjoyed testing baking recipes on her third-year doctoring group. This month, she is sharing a recipe that she hopes people can use during times of stress! "I know that during busy exam times, eating healthy (or at all) is one of the first things to go. I have found a few pretty simple recipes that can be made in large quantities, and can easily get you through a busy week. Plus, they're plain enough that you can switch things up by adding a fried egg, sautéing some vegetables or chicken on the side, etc. if you're one of those people that gets easily bored eating the same thing every day." A few of the ingredients are things that you might not have on-hand, but I promise they're delicious and you won't regret the investment. Please contact me if you're interested in any other recipes!

*Recipe makes enough for ~6 medium-sized lunches

Ingredients:

- **Za'atar Dressing:**
- ½ cup olive oil
- Juice of one Meyer lemon
- 2 teaspoons tahini (I buy the non-refrigerated one from Trader Joe's)
- 2 tablespoons Za'atar spice (Corti Brothers sells this)
- A few pinches of salt + twists of pepper
- 3 cups of Israeli couscous (larger than regular couscous)
- 2 cans of chickpeas/garbanzo beans (drained and rinsed)
- 8 large carrots, washed but no need to peel (cut into thirds to get smaller cylinders, and then quarters the long way so you get 4 skinnier strips)
- Scallions cut in small slices (optional)



Instructions:

- Preheat oven to 375 degrees.
- Whisk together all of the ingredients in the Za'atar dressing.
- In a large bowl, combine your drained/rinsed chickpeas and carrot slices and coat with about half of the Za'atar dressing.
- Spread the coated chickpeas and carrots on a large sheet pan (you may need two pans depending on the size) and bake for 25 minutes, or until carrots are soft. Save the bowl!
- While the chickpeas and carrots are cooking, turn your attention to the Israeli couscous. You can follow the cooking directions on the package, but in general, the ratio is 1 ½ cups water per 1 cup of couscous. Add a little salt to your water for flavor. If you're feeling extra flavorful you can also use chicken or vegetable broth. It should be soft but not watery.
- In the same large bowl as before, combine the couscous with the roasted chickpeas and carrots. Add the rest of the Za'atar dressing and mix thoroughly. Sprinkle the scallions on top for garnish and extra flavor.
- Store in lunch-sized containers! And now don't worry about cooking for the rest of the week!