

Confetti Couscous

from "Cooking Light" via Sue Shepardson

2 baby eggplants, cut into 1/2 " thick slices
2 yellow squashes, cut into 1/2 " thick slices
2 red bell peppers, seeded and cut into quarters
1/2 C extra virgin olive oil, divided
1 tsp. salt, divided
1/2 tsp. freshly ground pepper, divided
2 C. water
1 1/2 C. fat-free less sodium chicken broth
2 C. Israeli couscous (I found it at Trader Joes, and maybe Whole Foods has it)
3 Tbsp. red wine vinegar
1 1/2 Tbsp Dijon mustard
1/2 C chopped fresh basil

1. Prepare to either grill or broil the vegetables.
 2. Brush eggplant, squash, and bell peppers evenly with 4 tsp oil Sprinkle evenly with 1/4 tsp salt and 1/4 tsp black pepper. Place vegetables on grill/broil rack and cook until slightly charred. Cool and chop. Place vegetables in a large bowl.
 3. Bring 2 C. water and broth to a boil in a medium saucepan. Stir in couscous. Reduce heat and simmer 8 minutes for until couscous is tender. Drain and rinse with coldwater.
Add couscous, remaining 1/4 tsp salt and pepper to vegetable mixture and toss.
 4. Dressing: Combine vinegar and mustard in a medium bowl and stir well. Gradually add remaining 1/3 C oil to vinegar mixture and whisk. Drizzle dressing over couscous mixture and toss to coat. Stir in basil.
- **If you make this ahead, add the basil just before serving.

Yields 8 servings