



## **Whole Wheat Couscous with Kale, Chives, and Cherry Tomatoes**

(Generously serves 4 to 6)

- 1 cup whole wheat couscous, dry
- 1 1/2 cups water
- 2 cups of finely chopped kale leaves, about 2 large leaves (stems removed)
- 1 small bunch of chives, finely chopped
- 1 cup cherry or grape tomatoes – halved or quartered, if desired.
- 1 T olive oil
- 1 tsp sea salt or table salt
- 1 Tbs pure Maple syrup, or 1 T brown sugar
- Crumbled feta cheese, optional



Bring the water, salt, maple syrup, olive oil, and chopped kale leaves to a gentle boil in a 2qt sauce pan. When leaves soften (1-3 minutes), remove pan from heat and stir in couscous and chives. Allow to sit for 5 minutes, add the tomatoes and feta, if using, and stir to incorporate. Serve warm, or chill in the refrigerator and use it cold as a picnic side dish.

### **Tips:**

- We tested this recipe with curly green kale, which took 3 minutes to be cooked properly. If you use red kale, it may take less time.
- You can use scissors to snip the chives right into the pot.
- Kale does not shrink up the way other greens (such as spinach and swiss chard) do, so you'll want to chop the leaves small.



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