

Mediterranean Couscous Cabbage Rolls

From – www.eatingwell.com

4 ¼ cups water, divided
8 large cabbage leaves
¾ tsp salt, divided
1 cup whole-wheat couscous
2 Tbsp extra-virgin olive oil
4 cloves garlic, minced
4 cups chopped tomatoes
2 tsp red-wine vinegar
1 tsp sugar
¼ tsp ground cinnamon
1/3 cup crumbled feta cheese
3 Tbsp chopped Kalamata olives
2 Tbsp chopped fresh mint, plus more for garnish

- Bring 2 1/2 cups water to a boil in a large skillet. Add cabbage leaves, cover, reduce heat to medium-high and simmer until softened, about 5 minutes.
- Bring 1 1/2 cups water and 1/4 teaspoon salt to a boil in a small saucepan. Stir in couscous, cover and remove from the heat. Let stand for at least 5 minutes.
- Transfer the cabbage leaves to a clean work surface to cool. Discard the water and dry the pan.
- Heat oil in the skillet over medium heat. Add garlic and cook, stirring often, until fragrant, about 30 seconds.
- Add tomatoes, vinegar, sugar, cinnamon, the remaining 1/2 teaspoon salt and the remaining 1/4 cup water. Cover and cook, stirring occasionally, until the tomatoes are mostly broken down, 8 to 10 minutes.
- Meanwhile stir feta, olives and 2 Tbsp mint into the couscous. Mound about 1/2 cup of the couscous mixture at the stem end of each cabbage leaf. Roll into a bundle, tucking in the sides.
- When the tomato sauce is ready, add the cabbage rolls seam-side down. Cover and cook until the rolls are hot all the way through and the cabbage is very tender, 5 to 8 minutes. Serve the cabbage rolls topped with the sauce. Garnish with mint, if desired.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com