



Makes 7 cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

- 1 cup chopped onion
- 4 cups thinly sliced kale, tough stems removed
- 3 cloves garlic, chopped
- 2 teaspoons za'atar seasoning
- 1 teaspoon lemon zest
- ½ teaspoon ground cinnamon
- 2 cups low-sodium vegetable broth
- 1 15-oz. can no-salt-added chickpeas, rinsed and drained
- ¼ cup chopped dates
- 2 cups dried whole wheat pearl couscous
- 1 tablespoon lemon juice
- 1 teaspoon sea salt
- Freshly ground black pepper, to taste
- ¼ cup chopped fresh parsley
- 2 tablespoons slivered almonds, toasted
- Charred lemon or lemon wedges (see tip, recipe intro)

Za'atar-Seasoned Couscous with Kale and Charred Lemon

The earthy, aromatic flavors of za'atar seasoning pair deliciously well with citrusy lemon zest and warming cinnamon, giving this grain-forward entree a bright, rich flavor. **Water-sautéed** onions and wilted kale form the base of the dish. Once the veggies are soft and sweet, add whole-wheat pearl couscous, seasonings, **chickpeas**, and chopped dates. Top it all off with chopped fresh parsley, slivered almonds, and a squeeze of smoky, tangy charred lemon. This fragrant dish is hefty enough to enjoy as a main meal but also makes an excellent side or **potluck** offering.

Tips

Charred lemon: Cut a lemon in half. Heat a small skillet or grill pan over medium-high. Place lemon, cut sides down, in the hot skillet. Cook 3 minutes or until heated through and charred. Do not move or turn lemon halves while cooking. If you like, cut lemon halves into wedges.

Gluten-free version: To make this gluten-free, use quinoa or brown rice instead of whole wheat couscous.

For more inspiration, check out these tasty ideas:

- [Za'atar Carrots and Lentils](#)
- [Za'atar-Spiced Sweet Potato Lettuce Cups](#)
- [Harissa Cauliflower Steaks with Date Couscous](#)
- [Couscous Bowls](#)

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- 1** In a large pot cook onion 3 to 4 minutes or until tender, stirring frequently and adding water, 1 to 2 tablespoon at a time, as needed to prevent sticking. Stir in kale until wilted. Add garlic; cook 1 minute. Stir in za'atar seasoning, lemon zest, and cinnamon. Add broth, chickpeas, dates, and 1 cup water. Bring to boiling. Stir in couscous. Remove from heat. Cover and let stand 10 minutes.
- 2** Fluff couscous mixture with a fork. Stir in lemon juice, salt, and pepper. Sprinkle servings with parsley and almonds. Serve with charred lemon.