



## **Vegetable Couscous with Chickpeas**

4 cups water  
2 cups couscous  
1 tablespoon olive oil  
1 teaspoon paprika  
½ teaspoon cumin  
¼-½ teaspoon salt  
½ teaspoon cayenne pepper  
1 medium onion, chopped  
2 garlic cloves, minced  
½ medium green bell pepper, chopped  
1 zucchini, diced  
½ medium tomato, seeded and diced  
1 cup canned chickpeas, rinsed and drained

1. In a medium saucepan, heat the water to boiling. Stir in couscous. Reduce the heat to a simmer and cook, covered until the couscous is tender, about 5 minutes. Fluff the grains of couscous with a fork and let cool.
2. In a large skillet, heat the oil over medium heat. Add the paprika, cumin, salt, and cayenne pepper. Cook for a few seconds. Add the onion, garlic, and green bell peppers. Cook, stirring occasionally until softened, 3 to 5 minutes.
3. Stir in zucchini and tomato. Cook until slightly softened, about 3 minutes. Add the chickpeas. Cook 2 minutes longer, until heated through.
4. Mound the couscous on a large platter. Top with cooked vegetables.

**Makes 6 servings.** *Per serving: 187 calories, 3.3 grams fat, 55 grams carbohydrate, 179 mg sodium, 0 mg cholesterol, 2 grams fiber.*

David Morgan, a long time [Heart Path](#) participant, brought a sample of this recipe in for us to taste. It was so yummy that we agreed it should be the Recipe of the Month for April. Thanks David!

Your Partners in Health,  
**Candace and Lucy**