

- ½ cup cherry tomatoes,
quartered
- 1 small green zucchini, chopped
- 4 garlic cloves, minced
- 1 carrot, diced
- ½ sweet red pepper, chopped
- 1 onion, chopped
- 2 tablespoons olive oil
- Salt and pepper to taste
- ½ teaspoon thyme
- ½ cup frozen broccoli florets
- ¼ cup frozen peas
- 1 cup instant couscous
- 1-inch x 1-inch x 3-inch block of
Parmesan cheese
- 1 tablespoon dried parsley
- Enough water to make the
couscous

Couscous Primavera

Dehydration Time: 6–10 hours
Makes 3–4 servings



This quick and simple couscous has a fresh flavor reminiscent of spring.

AT HOME

Preheat the oven to 400°F. Place the tomatoes, zucchini, garlic, carrot, red pepper, and onion into a baking dish. Drizzle with just enough olive oil to coat the vegetables. Stir and season the mixture with salt, pepper, and thyme. Roast the vegetables for 35 minutes, stirring every 10 to 15 minutes. Remove the pan from the oven when they're done and set aside to cool.

Arrange the roasted vegetables on lined dehydrator trays and dry for 6 to 10 hours. Thaw the frozen broccoli and peas, and dry for 6 to 10 hours on lined dehydrator trays. Place all of the dehydrated vegetables in a ziplock freezer bag and then put the bag into a larger freezer bag along with the couscous. Be sure to include a note with cooking instructions for the couscous.

Wrap the Parmesan cheese. Place the parsley in a piece of plastic wrap and put it in the bag. Package 2 tablespoons of olive oil in with the other olive oil that you are taking.

AT CAMP

Cover the vegetables with boiling water and set in a cozy until they are reconstituted. Once they have rehydrated, drain off any excess water, add 2 tablespoons of olive oil and parsley, and set aside. Boil water and cook the couscous according to the package directions you brought. When the couscous is done, add the vegetables and stir over low temperature until heated through. Garnish with slivers of Parmesan cheese and serve.

TIP

If you eat meat, a p
addition to this dis