

Toasted Pine Nut Couscous

From the blog For Love of the Table

1/2 cup pine nuts
1 red onion (6 to 8 oz.), diced
2 1/2 T. olive oil, divided
1 cup couscous
2 T. flat-leaf parsley, minced
3 to 3 1/2 oz. [slow-roasted tomatoes](#) (6 to 8 pieces), cut in a rough 1/2-inch dice

Toast the pine nuts in a 350° until light golden brown....about 5 minutes. Set aside.

Meanwhile, warm a tablespoon and a half of oil in a medium sauté pan set over medium heat. Add the onion and sauté until tender and lightly caramelized...about 5 to 10 minutes.

Place the couscous in a medium-sized bowl. Add a tablespoon of olive oil, the parsley, a scant teaspoon of kosher salt, and the cooled onions. Toss to combine. Bring 1 1/3 cup water to a boil. Pour over the couscous and stir to make sure all the couscous is moistened. Cover the bowl tightly with plastic wrap and let sit for 10 minutes.

Uncover, add the pine nuts and the tomatoes and fluff in with a fork. Serves 5 or 6.

Note: To make plain Toasted Pine Nut Couscous, simply omit the slow-roasted tomatoes

(Recipe adapted from [The Vineyard Kitchen](#) by Maria Helm Sinskey)

<https://www.forloveofthetable.com/2014/08/toasted-pine-nut-couscous-with-slow.html>

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