

# Eggplant Couscous

Total Time: 20 minutes

Yield: 4 servings

Tender sautéed onion and eggplant complement the fluffy texture of couscous, which will absorb the full flavor of the vegetables after only five minutes. Serve on a bed of lettuce in early fall. In winter, omit the eggplant and serve couscous over a kale salad. Experiment freely on the real-food-fast theme of couscous and sautéed vegetables.

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 small eggplant, peeled and cut in ½-inch cubes
- 1 teaspoon salt, or to taste
- 1 tablespoon fresh thyme leaves, or ½ teaspoon dried thyme
- freshly ground pepper to taste
- 1 cup couscous
- 1 cup boiling water

Heat olive oil in a 2-quart saucepan over medium heat. When oil is hot, add onion, eggplant, salt, thyme, and pepper. Sauté, stirring frequently, until onion and eggplant are tender, about 5 minutes. Remove from heat. Add couscous to sautéed vegetables. Measure 1 cup boiling water, and pour it over couscous and vegetables. Mix to wet couscous, cover, and let stand 5 minutes. Fluff with a fork and serve.

