



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

MUSHROOM COUSCOUS SALAD

WITH WINTER SQUASH & GREENS



Try this delicious hearty winter salad with flavorful squash, greens, and grains.



01 HR 05 MINS



Serves 3-4



Featuring

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INGREDIENTS

- 1/2 pound mushrooms, sliced
- 1 cup walnuts, roughly chopped
- 1 winter squash, 1 to 2 pounds, peeled, seeded, cut into 1/2-inch cubes and roasted
- 1 bunch chard, spinach, or kale, sliced thin and massaged with lemon juice from 1/2 of a lemon
- 1 cup couscous, uncooked
- Olive or walnut oil

PREPARATION

Peel squash and cut into 1/2-inch cubes. Toss with oil and salt to taste - we used walnut oil to bring out the nutty flavors in this dish, but use any oil that you enjoy! Roast at 350°F for 20-30 minutes. Squash should be fully cooked while still firm enough to hold its shape.

While the squash is roasting, wash and slice mushrooms. Use 2 tablespoons of oil to sauté mushrooms, but cook them slowly so that they render out all of their water. We used maitake mushrooms from Far West Fungi, but you can substitute any fresh mushroom.

Prepare couscous. With 1 cup dry couscous, toss 2 teaspoons of salt, the juice of 1/4 lemon and 2 tablespoons oil. Add 1 cup of boiling liquid, either water or stock, stir and seal air-tight with a lid or plastic wrap. Let this sit for 15 minutes, then remove the seal and toss with a fork.

After washing, slice greens thin, about 1/4-inch. If the leaf is more than 2-1/2 inches across, cut it down the middle as well, for ease of eating. Coating with the juice of lemon, massage the greens, using the pressure of hands to tenderize them.

Add 1 cup of roughly chopped walnuts, massaged greens, and as they are ready, couscous, mushrooms, and squash. This will marry the flavors and wilt greens! For a gluten-free option, omit the couscous.