

# RECIPE

## *Sicilian-Style Couscous*

*A summery explosion of southern Italian aromas and flavors! Best served warm or room temperature.*

### Ingredients

Serves 2-4

1 cup Couscous or Bulgur  
Wheat ( Tabbouleh) for 2-4

1 cup zucchini diced

1 cup bell peppers diced

1 small onion diced

1 garlic clove

olive oil

crushed red pepper

salt

2 cups fresh tuna, cubed

1/4 cup each: basil, mint,  
parsely, chopped

Zest of one lemon

### Instructions

Prepare the couscous as directed, with salt in the water. Drain and set aside.

Sauté onions, whole garlic clove, and hot pepper with olive oil.

Add diced vegetables and sauté until well done, and the liquid is mostly gone.

In another pan toss tuna with oil and pepper and salt until it turns white. Careful no to overcook.

Combine all ingredients. Toss with herbs and lemon zest.

\*For an earthier flavor, spread couscous or bulgur wheat on a baking pan and lightly toast prior to combining ingredients.

### WINE

*For a regional pairing, try a dry, mineral-rich Sicilian white wine like Etna Bianco, Catarratto, Carricante, Inzolia, Grillo, or a blend. Don't shy away from aromatic wines, as this flavorful dish can certainly stand up to them!*