

INGREDIENTS:

- 1 ½ pounds fresh pumpkin, seeds and fibers removed, cut into chunks
- 1 tablespoon olive oil
- 8 ounces Israeli couscous (1 1/4 cups)
- 1 ½ cups apple juice
- ½ teaspoon sea salt, plus more to taste
- ½ cup finely minced fresh parsley
- 1/3 cup dried cranberries, chopped
- 1/3 cup finely chopped fennel root
- ¼ cup minced red onion
- 2 tablespoons olive oil
- 1 tablespoons red wine vinegar
- freshly ground black pepper

DIRECTIONS:

1. Cook chunks of pumpkin until almost tender.
2. When cool enough to handle, peel the pumpkin, and cube enough to make 2 cups.
3. Heat the olive oil in a large skillet over medium heat. Add the couscous and cook for 2 to 3 minutes until the couscous browns a bit. Add the apple juice, reduce the heat, and simmer, covered for 15-20 minutes, until the liquid is absorbed, and the couscous is almost tender, stirring occasionally.
4. Add the pumpkin and cook for 1 to 2 minutes longer, stirring to blend.
5. Transfer the couscous to a large bowl, sprinkle with salt, and cool slightly. Toss with the parsley, cranberries, fennel, and onion. Stir in the oil and vinegar. Season with a few grinds of pepper.
6. Taste and adjust seasoning as desired.
7. Top with chopped parsley.