



Elliott Evans Nutrition, LLC  
Prevent and Protect  
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## GRILLED MEDITERRANEAN VEGETABLES (with Spiced Chili Oil)

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Serves 8

- 2 cups couscous
- 6 zucchini and/or yellow squash (about 2 ½ pounds total), sliced ¼ inch thick  
Kosher salt and black pepper
- 1 large eggplant (about 1 pound), sliced ¼ inch thick
- 1 quart cherry tomatoes (preferably on the vine)
- 2 bunches scallions, trimmed
- ½ cup olive oil  
Spiced Chili Oil (recipe below) or store-bought harissa  
(North African chili sauce, found in the international aisle)

- Prepare the couscous according to the package directions. Meanwhile, heat grill to medium.
- In a large bowl, toss the zucchini, squash, eggplant, tomatoes, and scallions with the olive oil, 1 teaspoon salt, and ½ teaspoon pepper.
- Working in batches if necessary, grill the vegetables, covered, turning occasionally, until tender; 4-6 minutes for the tomatoes and scallions.
- Serve with the couscous and Spiced Chili Oil, for drizzling.

## SPICED CHILI OIL

Makes 1 ¼ cups

- 1 cup olive oil
- 4 cloves of garlic, chopped
- 2 teaspoons crushed red pepper
- 2 teaspoons paprika
- ¼ teaspoon ground cumin
- 2 tablespoons tomato paste
- 2 teaspoons finely grated orange zest, plus ¼ cup orange juice  
Kosher salt and black pepper

- In a small saucepan, heat 2 tablespoons of the oil over medium heat. Add the garlic, red pepper, paprika, and cumin.
- Cook, stirring, until fragrant, about 30 seconds. Add the tomato paste and orange zest and cook, stirring until slightly darkened, about 30 seconds.
- Add the orange juice, the remaining oil, 1 teaspoon salt, and ¼ teaspoon black pepper and stir to combine; remove from heat and let cool.

Make-ahead tip: Make the oil up to 5 days in advance; refrigerate. Bring to room temperature before serving.