

# Orange Caramelized Cabbage & Couscous

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Outrageously delicious! The umami flavor of the slowly sautéed cabbage combines beautifully with the sweetness of the orange caramelized onions and perfectly seasoned wholegrain couscous! The chickpeas are a nice protein addition.



Cuisine	Moroccan
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## Ingredients

- 1 cup whole wheat couscous dry
- **Dressing:**
- Juice of 1 large orange about 1/2 cup
- Juice of 1 small lemon about 1/4 cup
- 1/2 cup extra virgin olive oil
- 1/2 tsp turmeric
- 1/4 tsp salt
- **Caramelized Cabbage:**
- 1/4 cup extra virgin olive oil
- 1 medium yellow onion *thinly sliced*
- 1 small curly cabbage *sliced or chopped finely*
- 1 small red cabbage *sliced or chopped finely* "small cabbage" = fist sized
- Juice of 1 large orange about 1/2 cup
- 1 15 oz can chickpeas (rinsed & drained)
- 1/2 tsp salt
- fresh ground pepper to taste

## Instructions

1. Place dry, uncooked couscous in a large salad bowl.
2. Mix all the dressing ingredients together and pour over the dry couscous, stirring once to coat well and let it sit for 10 minutes, uncovered.
3. Meanwhile, heat 1/4 cup of olive oil in a large pan and sautee the onions for a few minutes, until soft.
4. Add the chopped cabbage to the pan (*don't worry it will seem like a lot but it will cook down-I promise!*) and stir often to coat with oil, continuing to cook on medium heat for 20 minutes.
5. Add the 1/2 cup of fresh orange juice, chickpeas and salt and continue to cook, uncovered for an additional 10-15 minutes, until the cabbage is of a golden color.
6. Turn off the heat, and let it cool a little bit.
7. When ready to serve, gently stir the caramelized cabbage/onions with the "marinated" couscous in the salad bowl (see video clip below).
8. You can serve this dish, hot, or at room temperature or even cold the next day--all superb!

