

## COUSCOUS TABOULI IN CUCUMBER CUPS WITH RED PEPPER HUMMUS

### INGREDIENTS

#### For the Red Pepper Hummus

1 16 oz can of chickpeas or garbanzo beans (or 2 pounds dried chickpeas, soaked overnight)  
1 red pepper, charred under the broiler, skins removed and diced  
1/2 stick (1/2 pound) butter  
3-5 tablespoons lemon juice (depending on taste)  
2 teaspoons ground cumin  
2 to 4 garlic cloves  
2 tablespoons olive oil  
Salt and pepper to taste  
Cayenne pepper to taste (optional)

#### for the Couscous

1 1/2 cups couscous  
2 teaspoons extra-virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
2 cups boiling water  
1 1/2 cups packed fresh parsley leaves  
1/2 cup packed fresh mint leaves  
4 scallions, coarsely chopped  
2 large vine-ripened tomatoes, seeded and chopped (about cups)  
1/2 cup lemon juice  
1/2 cup crumbled feta cheese (2 ounces), optional

#### For the Cucumber Cups

1-2 "european" or "english" cucumbers (the long ones), peeled and cut into 1 1/2 – 2 inch pieces  
fresh herbs to garnish

### DIRECTIONS

Make your hummus (this can be made up to 4 days ahead). In a saucepan, boil chickpeas for 20-25 minutes, until very tender. Drain and let cool slightly (though they should still be a little warm when you put them in the food processor) before putting in the work bowl of a food processor. Combine remaining ingredients in food processor. Blend for 3-5 minutes on low until thoroughly mixed and smooth. Transfer the hummus to a bowl and serve it at room temperature.

Next, make the couscous. Combine couscous, oil, salt and pepper in a large bowl. Pour water over the couscous and cover. Let stand until the water has been absorbed, about 5 minutes. Uncover and fluff with a fork. Let cool completely. Chop parsley, mint and scallions in a food processor fitted. Add them to the couscous, along with tomatoes and lemon juice. Toss to blend. Gently stir in feta, if using.

To assemble, peel and cut your cucumbers (you should get 9-10 from each cucumber). Using a melon baller, core out each one, making a 'cup'. Fill with a drop of hummus, then fill couscous into each one, making a small mound on top. Garnish with additional hummus and fresh herbs. Keep chilled.