



## **Garden Hearts® With Couscous & Cauliflower**

Yield: 8 servings

### **INGREDIENTS**

- 4** *Garden Hearts® Petite Romaine Hearts*
- 3 cups water
- 3 cups couscous
- 1 head cauliflower
- 1 red bell pepper, diced
- 1/4 cup olive oil or butter
- salt and pepper to taste
- 2 tablespoons butter at room temperature
- 4 cups marinara sauce

## METHOD

1. Bring water to a boil, add couscous and remove from flame. Cover with plastic wrap and set aside for 7 minutes. Uncover and fluff couscous with fork.
2. Wash cauliflower, cut into small florets and blanch.
3. Sauté cauliflower and pepper with oil or butter. Add couscous and season with salt and pepper; set aside.
4. Bring a large pot of water to a boil. Cut one inch from the base of the Garden Hearts® and separate into individual leaves. Blanch the leaves in boiling water. Remove with a slotted spoon and shock in ice bath to stop the cooking process; remove from ice and pat dry.
5. Butter eight small soufflé cups and arrange Garden Hearts® with leaf tops at the center of the soufflé cup and the ends extending above the rim. Fill cups with couscous mixture, press firmly, and fold over leaf ends to seal.
6. Place filled soufflé cups on a cookie sheet, cover with foil, and bake at 325 degrees Fahrenheit for 15 to 20 minutes. Meanwhile, heat the marinara sauce.
7. Remove soufflé cups from the oven. Turn each cup over onto a serving plate and remove the cup.
8. For plate presentation remove a small wedge from the romaine covered couscous, and add marinara sauce on the side. Garnish with small cauliflower florets, if desired.



**Recipe by:** **Beat Giger, CEC, AAC, Corporate Chef**  
**Pebble Beach Resorts; Pebble Beach, CA**

**Chef's Comment:** *"Garden Hearts® romaine hearts provide the ideal texture to wrap this vegetarian dish, perfect as a main dish or small plate."*



**For purchasing Information, call 831-424-4864.**  
**For more information on our company and products, visit**  
**[www.boggiattoproduce.com](http://www.boggiattoproduce.com).**