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Mushrooms Stuffed with Tomato Couscous

You may never cook couscous in water again. Here, it's "cooked" in tomatoes for a heart-friendly dinner that's high in soluble fiber and cancer-protective lycopene.

The Brain/Vision/Hearing & Balance/Oral Health/Immunity/ Skin & Sensation/The Lungs/Heart & Blood/Gut Health/Urinary Health/Men's Health

Serves 2

Ingredients

2 ½ oz (75g) whole-wheat couscous
8oz (227g) can chopped tomatoes, a good-quality brand
3 tbsp extra-virgin olive oil
handful of chives, finely cut
freshly ground black pepper
1 ripe avocado
zest and juice of 1 lemon
4 large field mushrooms
2 tbsp (30g) [dukkah seed mix](#)
1oz (30g) arugula leaves, to serve

1. Put the couscous in a medium bowl with the chopped tomatoes and olive oil, and give them a good stir to coat all of the grains. Add the chives and a good seasoning of freshly ground black pepper. Stir and set aside for 10-15 minutes.
2. Preheat the oven to 350°F (180°C). Meanwhile, halve the avocado and remove the pit. Use a spoon to scoop out the flesh and put it in a bowl with the lemon zest and juice, mashing it all together to make a smooth paste.
3. Discard the mushroom stalks and place the mushrooms, stalk side upward, on a lightly greased baking sheet.
4. When the couscous has softened, divide it between the four mushrooms, filling each well, and leveling the top with the back of the spoon. Next, spread the mashed avocado over the top of the couscous, repeating for all the mushrooms. Sprinkle the mushrooms with dukkah seeds so that the tops are well covered.
5. Put the sheet in the oven for 15-20 minutes until the mushrooms have cooked through but not softened completely. Serve with the arugula leaves.



NUTRITION PER SERVING Calories 511 Total fat 34.4g Saturated fat 5.8g Cholesterol 0mg
Carbohydrates 36.3g Dietary fiber 12g Sugars 7.4g Protein 12.8g Sodium 139mg

Smart Swaps:

- Swap the mushrooms for halved **orange bell peppers** or **beef tomatoes**, scooping out the insides and filling with the couscous mix as before. You'll get a hit of antioxidant vitamin C, which is good news for boosting collagen to keep skin looking smooth and line free.
- For a protein boost, swap the couscous for **quinoa**. Cook it according to package instructions, then mix it with the chopped tomatoes, olive oil, chives, and pepper.

Nutrient Know-How:

Tomatoes and avocados are perfect partners in both nutrition and taste. Chopping and cooking the tomatoes, as here, release the lycopene, and the fats in the avocado help the body absorb lycopene.



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