



## Tasty Timbales

By Jenny Abel

I'm writing this article a week after Harvey wreaked havoc on Houston and surrounding areas. As we take in the images, send donations, and keep the more than six million people affected by the floods in our thoughts, climate scientists are reminding us that super storms like Harvey will only become more common as the effects of climate change increase. Rather than using this episode as an opportunity to reduce our reliance on fossil fuels and turn instead to renewables, the Trump administration's EPA is trying to silence the scientists who are speaking out about climate change.

In the current political climate when we can't expect much from our federal leaders, it is up to us as individuals to do what we can to combat climate change. A Google search of the most effective steps to reduce our carbon footprint brings up a [January 19 article from The Guardian](#). In their list of the 15 best steps that we can take, cutting back our meat consumption comes in at number 2 (reducing or eliminating air travel is number one). "The second most important lifestyle change is to eat less meat, with particular emphasis on meals containing beef and lamb. Cows and sheep emit large quantities of methane, a powerful global warming gas. A vegan diet might make as much as a 20% difference to your overall carbon impact but simply cutting out beef will deliver a significant benefit on its own."

As you make the switch to a meat-free diet, or even if you're already there, here is a tasty recipe to help you enjoy the bounty of vegetables available at local farmers markets as summer produce starts to wane and autumn goodies come on the scene. This recipe originally appeared in a *Weight Watchers* magazine from a few years ago.

### Couscous vegetable timbales

#### Ingredients

- 1 cup(s) water
- 3/4 cup(s) uncooked couscous
- 1 Tbsp light butter
- 2 medium uncooked scallion(s), sliced
- 1 clove(s) (medium) garlic clove(s), minced
- 1 medium uncooked zucchini, coarsely chopped
- 1/2 cup(s) roasted red peppers (packed in water)
- 1 tsp dried oregano

1/2 tsp table salt  
1 large egg(s), beaten  
1 tsp capers, chopped  
2 Tbsp low-fat vinaigrette salad dressing

## Instructions

- Bring water to a boil. Stir in couscous; cover and remove from heat. Let stand 5 minutes.
- Melt butter in large skillet. Add scallions and garlic, cook 1 minute. Add zucchini, peppers, capers, oregano and salt. Cook 5 minutes. Remove from heat.
- Add cooked couscous to vegetable mixture. Cool slightly. Add egg; mix well.
- Spray baking sheet with cooking spray. Fill 1/4 cup measuring cup with couscous mixture; invert onto prepared sheet. Repeat steps until all couscous mixture is used up. Brush vinaigrette over top of each.
- Bake at 350°F for 15 minutes. Serve immediately. Yields 2 timbales per serving.

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