

Pizza-in-a-Bowl

All four food groups crammed into one easy-to-fix meal

- 2 cups whole-wheat couscous
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 4 oz. mozzarella cheese
- 4 oz. pepperoni
- 1 small red bell pepper (it will stay fresh for at least 3 days)

At home Pack couscous and herbs in a zipper-lock bag.

In camp Boil 4 cups water. Meanwhile, finely dice the cheese, pepperoni, and bell pepper. Once the water boils, remove it from the stove and stir in the couscous-herb mix. Cover and let stand about 7 minutes. Fluff with a fork and stir in the remaining ingredients.