



# lunch moroccan style

## Moroccan Chickpea Tagine • Couscous or Quinoa with Mint, Dill, and Feta • Sautéed Swiss Chard with Roasted Cinnamon Yams

*Though tagines are traditionally prepared in a clay pot, we incorporate the concept of slow-cooking vegetables, beans, spices, and dried fruit to create this very yummy dish. Serve with couscous or quinoa and feta, add the roasted yams and Swiss chard, and you have a meal packed with nutrition and flavor. Feel free to play around with adding a meat to your tagine if you desire, as is traditional in North Africa.*

## moroccan chickpea tagine

Serves 4

2 tablespoons extra virgin olive oil  
1 tablespoon minced garlic  
1/2 tablespoon minced ginger  
1 teaspoon cumin  
1 teaspoon cinnamon  
Pinch of cayenne (optional)  
1/2 teaspoon paprika  
1 large onion, medium diced  
1 tablespoon tomato paste  
Splash of red wine, water, or vegetable stock  
2 cups small cauliflower florets  
1/2 large red bell pepper, medium diced  
2 stalks celery, medium diced  
1 small carrot, medium diced  
1 1/2 cups cooked chickpeas  
1/4 cup golden raisins  
1 small zucchini, sliced in half-moons  
1 1/2 teaspoons salt  
1 1/2 cups vegetable stock  
1/4 cup toasted slivered almonds  
Splash of lemon juice  
4 lemon wedges

Heat the oil in a large sauté pan over medium heat. Add the garlic, ginger, cumin, cinnamon, cayenne, and paprika and stir until the spices release their fragrance. Add the onion and sauté until it begins to caramelize. Stir in the tomato paste and continue to sauté until it is thickened and slightly browned. Whisk in the splash of wine, water, or stock and stir until all browned bits have been released from the bottom of the pan.

Turn the heat up to medium-high and add in the cauliflower, peppers, celery, carrot, chickpeas, and raisins. Add salt and vegetable stock and simmer until the vegetables are just tender. Add the zucchini and continue to cook until the zucchini is just tender, stirring occasionally. Splash with a squeeze of lemon and stir in the toasted almonds. Serve hot with lemon wedges.