

CHICKPEA TAGINE

DIRECTIONS:

1. Heat a medium pan over a medium heat and add oil. Add the diced onion and cook until softened, about 5 minutes.
2. Add the garlic and ginger and cook for 1 more minute.
3. Lower the heat and add all of the spices, carrots, and squash. Stir to coat evenly.
4. Add the tomatoes, broth, apricots, orange juice and zest, and honey.
5. Turn the heat up and bring to a simmer. Cover and cook for 20 minutes, until carrots are tender.
6. While vegetable mixture is cooking, prepare couscous according to package directions.
7. When vegetables are softened, add the chickpeas and simmer for 5 more minutes.
8. Stir in lemon juice and sprinkle with cilantro (or parsley) and almonds. Serve warm over couscous.



INGREDIENTS:

- 2 tablespoons extra virgin olive oil
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 1 tablespoon minced ginger
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon cinnamon
- ½ teaspoon paprika
- ½ teaspoon cayenne pepper (or less, if preferred)
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 pinch saffron (optional)
- 2 large carrots, roughly chopped
- 1 summer squash, cubed
- 1 can diced tomatoes, no salt added
- 1 cup low-sodium vegetable broth
- 6 dried apricots, chopped
- 1 orange juice and zest (organic, if possible)
- ½ tablespoon honey
- 1 cup uncooked whole wheat couscous
- 1 ½ cup cooked or canned chickpeas, no salt added
- ½ large lemon, juiced
- 1 small handful fresh cilantro (or parsley), chopped
- ¼ cup slivered almonds, slightly toasted



55 MINUTES | SERVES 4

Nutrition Facts

506 calories | 14g fat | 2g saturated fat | 410mg sodium
| 88g carbohydrate | 16g fiber | 31g sugar | 17g protein