



Issue # 524

September 30, 2014

Moroccan Vegetable Stew

Tagines are flavorful stews named for the pot they're cooked in. But you don't need a special pot for this adaptation -- a large Dutch oven will do the trick just fine. This recipe features a simple combination of fall vegetables, chickpeas, herbs and spices. Butternut and other winter squash are packed with vitamin C, fiber and cancer-preventive carotenoids. Aromatic spices like turmeric are being studied for their ability to suppress inflammation.

Moroccan Seven Vegetable Tagine

2 white turnips, peeled and quartered
1 cup sliced carrots, in 3/4-inch slices
1 cup finely chopped onion
1½ tsp. ground cumin
1 tsp. ground sweet paprika
1/2 tsp. ground ginger
1/2 tsp. ground turmeric
Pinch of cayenne pepper
1½ cups reduced-sodium vegetable broth, divided
2½ cups butternut squash, in 1-inch cubes
1 cup chopped zucchini, in 3/4-inch pieces
1/4 lb. string beans, trimmed and cut in 1½-inch lengths
1 (15 oz.) can no salt added chickpeas, drained
3/4 tsp. salt
Freshly ground black pepper
3 plum tomatoes, cut crosswise into 3/4-inch slices
1/4 cup chopped cilantro
1/4 cup chopped flat-leaf (Italian) parsley

In medium Dutch oven, combine turnips, carrots, onion, cumin, paprika, ginger, turmeric and cayenne. Pour in 1 cup broth. Cover and simmer over medium heat for 10 minutes.

Add butternut squash, zucchini, string beans, chickpeas and remaining broth. Add salt and 3-4 grinds of pepper. Cover and cook until vegetables are tender, 20 minutes. Arrange tomato slices on top of the vegetables, cover, and cook until tomatoes are just soft, 5 minutes. Add cilantro and parsley and let tagine sit, covered, for 10 minutes to allow flavors to meld. Serve hot, directly from pot. This

dish improves when reheated so, if desired, cool, cover, and refrigerate for up to 2 days. Reheat, covered, over medium heat.

Makes 6 servings. (8 cups)

Per approx. 1½ cup serving: 149 calories, 2 g total fat (<1 g saturated fat), 30 g carbohydrate, 7 g protein, 8 g dietary fiber, 485 mg sodium.

