

Moroccan Seven Vegetable Tagine

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2014/her-moroccan-seven-vegetable-tagine.html>

Ingredients

- 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

Instructions

1. 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.
2. 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

Nutrition information per 1½ cup serving

Calories: 149	Dietary Fiber: 8 g
Total Fat: 2 g	Sodium: 485 mg
Saturated Fat: <1 g	Protein: 7 g
Cholesterol:	Carbohydrates: 30 g



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