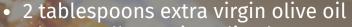
CHICKPEA TAGINE

DIRECTIONS:

- 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.
- Lower the heat and add all of the spices, carrots, and squash. Stir to coat evenly.
- Add the tomatoes, broth, apricots, orange juice and zest, and honey.
- 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.
- When vegetables are softened, add the chickpeas and simmer for 5 more minutes.
- Stir in lemon juice and sprinkle with cilantro (or parsley) and almonds. Serve warm over couscous.







- 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
- 1/4 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
- 1/4 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

