

Chickpea and Vegetable Tagine

1	cup	water	4	cloves	garlic, chopped
3/4	cup	uncooked quinoa, rinsed and drained	3	cups	Sun Gold or cherry tomatoes, halved
1/2	tsp	kosher salt, divided	1	can	(15-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained
1	Tbsp	extra-virgin olive oil			
1 1/2	cups	chopped onion			
1	tsp	ground cumin	1	each	medium zucchini, halved lengthwise and thinly sliced
1	tsp	ground coriander			
1/2	tsp	ground cinnamon			
1/2	tsp	turmeric	1/4	tsp	freshly ground black pepper



Procedure

- 1 Bring 1 cup water, quinoa, and 1/4 teaspoon salt to a boil in a small saucepan over medium-high heat. Cover, reduce heat, and simmer 13 minutes or until liquid is absorbed.
- 2 Heat a large saucepan over medium-high heat. Add oil; swirl to coat. Add onion to pan; sauté 4 minutes. Add cumin, coriander, cinnamon, turmeric, and garlic; cook 1 minute, stirring constantly. Add tomatoes; cook 2 minutes or until tomatoes begin to release their liquid. Add chickpeas and zucchini.
- 3 Cover, reduce heat to medium, and cook 5 minutes. Stir in remaining 1/4 teaspoon salt and pepper. Serve zucchini mixture with quinoa.

Servings: 4

Yield: Yield: Serves 4 (serving size: 1/2 cup quinoa and 1 cup zucchini mixture)

Nutrition Facts

Serving size: 1/4 of a recipe.

Amount Per Serving	
Calories	278
% Daily Value	
Total Fat 6.5g	10%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 271mg	11%
Total Carbohydrates 46g	15%
Fiber 8g	32%
Protein 11g	22%

Recipe Type

Vegetarian

Source

Source: Cooking Light

Web Page: www.myrecipes.com/recipe/chickpea-vegetable-tagine

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