



Moroccan squash & carrot stew w/ quinoa

gluten free, vegan, low calorie, high in fiber,
delicately satiating

Put oven rack in middle position and preheat oven to 350°F. If using an acorn squash, cut in half, remove insides, cover with 2 tbsp butter and cook for 45minutes -1 hour.

For stew /

Heat oil in large saucepan over medium heat.

Add onion; sauté until soft, stirring often, every 5 minutes.

Add garlic; stir 1 minute. Mix in paprika and next 8 ingredients.

Add 1-cup water, tomatoes, chickpeas, and lemon juice; bring to a boil. Add squash & carrots.

Cover and simmer over medium-low heat until vegetables are tender, stirring occasionally, about 20 minutes.

Season with salt & pepper to taste. (Prepare ahead of time for amazing leftovers!)

For quinoa /

Rinse quinoa; drain.

Melt butter with oil in large saucepan over medium heat.

Add onion and carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes.

Add garlic, salt, turmeric; sauté 1 minute. Add quinoa; stir 1 minute.

Add 4 cups water; bring to a boil and then reduce heat to medium-low. Cover & simmer until liquid is absorbed & quinoa is tender, about 15-20 minutes.

Stir in cilantro & mint. Spoon quinoa onto plate, forming well in center; spoon stew into well.

stew ingredients /

2 tbsp coconut oil or butter

1 cup chopped onion

3 garlic cloves, crushed

1 tbsp sweet paprika

1 tsp ground black pepper

1 tsp ground coriander

1 tsp ground cumin

1 tsp turmeric

1 tsp ground ginger

1 tsp cayenne pepper

pinch of saffron

2 cups water

2 cups diced and drained tomatoes

15 ounces cooked chickpeas

3 cups 1-inch cubes peeled acorn or butternut squash

2 tbsp fresh lemon juice

2 cups 3/4-inch chopped carrots

quinoa ingredients /

2 cups quinoa

2 tbsp butter

2 tbsp coconut oil

1 cup finely chopped onion

½ cup finely chopped peeled carrot

4 garlic cloves, crushed

1 tsp salt

1 tsp turmeric

4 cups water

½ cup chopped fresh cilantro

4 tsp chopped fresh mint