

Butternut Squash, Sweet Potato, and Chickpea Tagine

Yield: 6 to 8 servings

Ingredients

- 2 tablespoons oil
- 2 small onions, roughly chopped
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 tsp ground cardamom
- 1 tsp ground clove
- 1 teaspoon mace
- 1/2 teaspoon cayenne
- 1/2 teaspoon anise seed
- 1 teaspoon cinnamon
- 1 teaspoon turmeric
- 2 cloves garlic, minced
- 1 tablespoon ginger
- 1 tablespoon tomato paste
- 1 medium butternut squash, peeled and cut into chunks
- 1 sweet potato, cut into chunks
- 2 carrots, cut into chunks
- cup chopped dried apricots
- 4 cups vegetable stock or broth, divided
- 2 tablespoons lemon juice
- Salt and pepper
- 1- 20oz can of chickpeas,
- cup chopped fresh cilantro, plus more for garnish
- 1½ cups hot vegetable broth

Directions

1. Heat the oil in a large skillet with lid over medium heat. Add the onions and cook until soft, about 10 minutes.
2. Add the spices, garlic, ginger and tomato paste; cook for a minute or two until fragrant.
3. Add the squash, sweet potato, carrots, and dried apricots and toss well to coat. Pour 2½ cups of the stock and the lemon juice over the vegetables and bring to a gentle simmer.
4. Cook partially covered over a low heat for about 30 minutes until the vegetables are tender. Season with salt and pepper. Add the chickpeas and cilantro and simmer for an additional 5 to 10 minutes.
5. To serve, put the couscous on a large serving platter. Spoon the vegetable tagine on top. Garnish with additional chopped parsley and cilantro if you like.

Beet Hummus Bruschetta Recipe

Great with pita chips or veggies!

Makes 2 cups

Ingredients

- 8oz beets (about 2 medium sized beets), scrubbed clean, cooked, peeled, and cubed*
- 1 can chick peas (20oz)
- 2 Tbsp tahini sesame seed paste
- 5 Tbsp lemon juice
- 1 small clove garlic, chopped
- 1 Tbsp ground cumin
- 1 Tbsp lemon zest (zest from approx. 2 lemons)
- Generous pinch of Kosher salt
- Fresh ground pepper to taste
- 4oz Arugula
- 4oz diced tomatoes
- Olive oil
- Baguette crisps

Directions

1. Cut off beet tops, scrub clean, put them in a pot with boiling water and cook until tender and easily penetrated with a knife or fork. Peel once they have cooled.
2. Place cooked beets, chick peas, tahini, lemon juice, garlic, cumin, lemon zest, salt and pepper in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.
3. Place some arugula on the crisps, spoon some beet hummus on that, and finish with diced tomatoes, olive oil and some more kosher salt.