

SPOTLIGHT RECIPE



MOROCCAN MARRAKESH VEGETABLE CURRY

- In a large Dutch oven, place the sweet potato, eggplant, peppers, carrots, onion and 3 tablespoons of oil. Sauté over medium heat for 5 minutes.
- In a medium saucepan, place 3 tablespoons of the oil, garlic, turmeric, curry powder, cinnamon, salt and cayenne and sauté over medium heat for 3 minutes.
- Pour the garlic-and-spice mixture into the Dutch oven containing the sautéed vegetables. Add the garbanzo beans, almonds, zucchini, raisins and orange juice. Simmer for 20 minutes, covered.
- Add the spinach to the pot and cook for 5 more minutes. Serve over brown rice or couscous.

Ingredients

Servings: 6

- 1 sweet potato, peeled and cubed
- 1 medium eggplant, cubed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 carrots, chopped
- 1 onion, chopped
- 6 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 1 teaspoon ground turmeric
- 1 tablespoon curry powder
- 1 teaspoon ground cinnamon
- 3/4 tablespoon sea salt
- 3/4 teaspoon cayenne pepper
- 1 15-ounce can garbanzo beans, drained
- 1/4 cup blanched almonds
- 1 zucchini, sliced
- 2 tablespoons raisins
- 1 cup orange juice
- 10 ounces spinach

