

SPOTLIGHT RECIPE



CHICKPEA AND DATE TAGINE WITH COUSCOUS

- Heat the oil in a pan over medium heat. Add the onions and cook 10 minutes, until starting to brown. Stir in the garlic, ginger and spices. Sauté for 30 seconds. Add the tomatoes, garbanzo beans, dates (leave in large chunks, cut in half) and water. Simmer 10 to 15 minutes.
- Stir in the lemon juice and season with salt and black pepper.
- Meanwhile, toast the couscous in a saucepan over medium heat for 5 minutes. Add the water, and bring it to a boil. Remove from the heat, cover and let stand 5 minutes. Fluff and drizzle in extra-virgin olive oil. Hold hot for hot service.
- Serve the couscous topped with the garbanzo beans. Garnish with the cilantro.

Ingredients

Servings: 12

- 6 tablespoons olive oil
- 1 quart onions, diced
- 2 tablespoons garlic cloves, minced
- 2 tablespoons ginger root, fresh, minced
- 1 1/3 tablespoons cumin
- 2 teaspoons cinnamon
- 1/2 teaspoon allspice
- 1 teaspoon smoked paprika
- 3 cups tomatoes, crushed, canned
- 1 1/2 quarts garbanzo beans, canned, drained
- 8 ounces dates, pitted, chopped
- 1 1/2 cups water
- 1/2 cup lemon juice
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups couscous, dry
- 3 1/2 cups water
- 2 tablespoons olive oil blend
- 1 cup fresh cilantro, chopped

Side dishes

- Couscous
- Steamed Carrots And Broccoli

