

Quinoa with Moroccan Winter Squash and Carrot Stew

This warm winter dish is has a complex, spice filled flavor with just enough heat. A perfect vegetarian main dish. Save time by chopping your ingredients before starting. Make sure to chop the onions, garlic and carrots for the quinoa much finer than for the stew. Adapted from Bon Appetit

FOR THE STEW

2 tablespoons olive oil

1 cup chopped onion

3 garlic cloves, chopped

2 teaspoons paprika

1 teaspoon salt

1/2 teaspoon ground black pepper

1/2 teaspoon ground coriander

1/2 teaspoon ground cumin

1/2 teaspoon turmeric

1/2 teaspoon ground ginger

1/2 teaspoon cayenne pepper

Pinch of saffron

1 cup water

1 14 1/2-ounce can diced tomatoes, drained

2 tablespoons fresh lemon juice

3 cups 1-inch cubes peeled butternut squash (from 1 1/2-pound squash)

2 cups 3/4-inch cubes peeled carrots

1/2 cup chopped fresh cilantro, divided

2 teaspoons chopped fresh mint, divided

Begin the stew by sauteing the onions in a large pot for five or six minutes until soft. Add in the garlic and saute for an additional minute. Add all of the spices, followed by the cup of water, tomatoes and lemon juice. Stir well, and bring to a boil. Add in the squash and the carrots. Lower heat and simmer covered for 20-30 minutes until the squash and carrots are tender. Note: stew can be made a day in advance and reheated before serving.

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FOR THE QUINOA

1 cup quinoa

1 tablespoon butter

1/2 cup finely chopped onion

1/4 cup finely chopped peeled carrot

2 garlic cloves, minced

1/2 teaspoon salt

1/2 teaspoon turmeric

2 cups water

Rinse the quinoa several times and drain. Melt the butter in a medium size saucepan, then add the onion and carrot. Cook covered for several minutes until the vegetables start to brown. Add in the garlic and saute for an additional minute. Add the salt, turmeric and then quinoa. Stir and cook for one minute. Add the water and bring to boil. Lower heat to medium low and cook until the quinoa has absorbed all of the water and is tender, fifteen to twenty minutes. Remove from heat and keep covered until the stew is done.

When ready to serve, stir half of the mint and cilantro into the stew, and then serve on top of the quinoa. Garnish with the rest of the cilantro and mint.