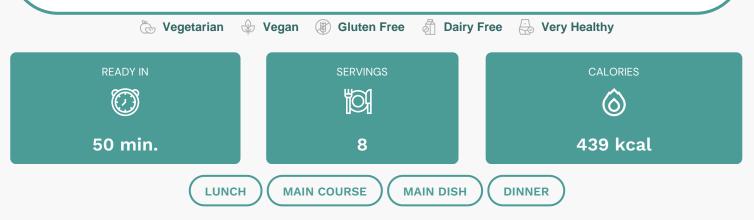


Cumin-Infused Vegetables and Chickpeas over Quinoa



Ingredients

32 oz canned tomatoes diced with their juice canned (fire-roasted preferred)
4 cups cauliflower florets
0.3 teaspoon ground pepper to taste ()
30 oz chickpeas rinsed drained canned
8 servings hot sauce hot for the table
1 medium eggplant cut into 1/2-inch cubes
2 cloves garlic minced

	4 garlic clove minced
	0.5 teaspoon ground cardamom
	4 teaspoons ground cumin
	1 large onion chopped
	1.5 cups quinoa rinsed well
	1 cup raisins
	1 teaspoon water (optional, if using water)
	2 teaspoons paprika smoked
	1 teaspoon turmeric
	3 cups vegetable stock with vegetable bouillon or salt)
	2 medium zucchini cut into 1/2-inch cubes
Εq	uipment
	frying pan
	sauce pan
Di	rections
	Heat a large non-stick skillet over medium-high heat.
	Add the onion and sauté 2 minutes.
	Sprinkle in the garlic, cumin, turmeric, paprika, cardamom, and cayenne and cook 2 minutes more, stirring often. Stir in the cauliflower, eggplant, chick-peas, tomatoes, raisins, and 1/2 cup of water. Cover the pan and lower the heat to medium. Cook, stirring occasionally, for 10 minutes.
	Add the zucchini and continue to cook covered until it is just beginning to be tender, about 10 minutes.
	Add salt to taste. While the vegetables are cooking, prepare the quinoa.
	Heat a large saucepan and add the rinsed and drained quinoa. Toast it, stirring constantly, until it is almost dry.
	Add the vegetable broth or water and bouillon and the garlic, bring to a boil, and stir in the salt if you're using it. Turn heat to very low, cover, and cook for 15-20 minutes, until all liquid is

	absorbed.	
	Remove from heat until needed. Fluff with a fork before serving.	
	Serve with the vegetable mixture mounded in the center of the quinoa and a jar of harissa or hot chile sauce for individual seasoning.	
Nutrition Facts		

PROTEIN 16.33% FAT 11.35% CARBS 72.32%

Properties

Glycemic Index:49.19, Glycemic Load:17.66, Inflammation Score:-10, Nutrition Score:33.234782633574%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 438.63kcal (21.93%), Fat: 5.86g (9.02%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 84.09g (28.03%), Net Carbohydrates: 66.43g (24.16%), Sugar: 15.95g (17.72%), Cholesterol: Omg (0%), Sodium: 542.32mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Manganese: 2.45mg (122.75%), Folate: 313.79µg (78.45%), Fiber: 17.66g (70.62%), Vitamin C: 49.31mg (59.77%), Copper: 0.94mg (47.25%), Phosphorus: 445.04mg (44.5%), Iron: 7.97mg (44.27%), Magnesium: 174.14mg (43.53%), Potassium: 1453.89mg (41.54%), Vitamin B6: 0.8mg (39.95%), Vitamin B1: 0.43mg (28.98%), Zinc: 3.49mg (23.24%), Vitamin B2: 0.38mg (22.12%), Vitamin K: 22.78µg (21.69%), Vitamin E: 3.05mg (20.32%), Vitamin B3: 3.63mg (18.15%), Vitamin A: 861.56IU (17.23%), Calcium: 154.59mg (15.46%), Vitamin B5: 1.52mg (15.17%), Selenium: 8.52µg (12.16%)