



Moroccan Burritos with Tahini Herb Sauce

 Very Healthy

READY IN



11 min.

SERVINGS



4

CALORIES



1909 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 medium butternut squash cut into 2-inch chunks
- ☐ 30 ounce chickpeas drained and rinsed canned
- ☐ 28 ounce canned tomatoes whole with juices, broken up peeled canned
- ☐ 8 medium carrots cut into 1 1/2-inch pieces
- ☐ 2 cups couscous cooked
- ☐ 1 cup apricots dried
- ☐ 4 10-inch flour tortillas
- ☐ 2 cups cilantro leaves fresh

- ☐ 0.5 cup parsley fresh
- ☐ 1 cup parsley fresh
- ☐ 1 clove garlic smashed
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons honey
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 optional: lemon
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.3 cups monterrey jack cheese shredded
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 chiles dried whole red
- ☐ 3 medium onions red halved cut into wedges
- ☐ 0.3 cup tahini sesame paste, available in the international foods aisle
- ☐ 3 cups moroccan turkey stew leftover
- ☐ 4 pounds turkey thighs bone-in skinless

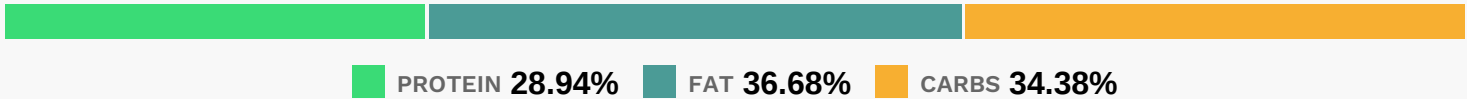
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ microwave
- ☐ kitchen towels
- ☐ slow cooker

Directions

- ☐ Make the herb sauce: Puree the parsley, lemon juice, tahini, honey and garlic with 1 teaspoon salt, 1/2 teaspoon pepper and 1/4 cup water in a blender.
- ☐ Make the burritos: Wrap the tortillas in a damp kitchen towel and heat in the microwave until pliable, about 1 minute. (Alternatively, warm individual tortillas in a large dry skillet.)
- ☐ Place 1/2 cup rice in the middle of each tortilla and scatter about cup cheese on top. Spoon a quarter of the stew over the cheese. Fold in the two sides of each tortilla and roll into a tight burrito.
- ☐ Serve with the herb sauce.
- ☐ Combine the allspice and 3 teaspoons salt in a small bowl. Season the turkey thighs with half the salt mixture in a 5-quart slow cooker.
- ☐ Toss the squash, chickpeas, tomatoes, apricots, raisins, carrots, onions and chiles with the remaining spiced salt.
- ☐ Pour the vegetables over the turkey (the cooker will be full; arrange the mixture so the lid fits). Cover and cook on high for 6 hours or on low for 7 to 8 hours.
- ☐ Spoon the vegetables and broth into bowls.
- ☐ Remove and discard the turkey bones and place the meat on top of the vegetables.
- ☐ Juice the lemon; pulse with the cilantro, parsley, garlic, cumin and 1 teaspoon salt in a food processor.
- ☐ Add the oil and process until smooth.
- ☐ Serve the stew in bowls; drizzle with the cilantro sauce.
- ☐ Photograph by Antonis Achiellos

Nutrition Facts



Properties

Glycemic Index:138.5, Glycemic Load:51.34, Inflammation Score:-10, Nutrition Score:83.819130441417%

Flavonoids

Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg, Eriodictyol: 3.88mg Hesperetin: 6.71mg, Hesperetin: 6.71mg, Hesperetin: 6.71mg, Hesperetin: 6.71mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 48.53mg, Apigenin: 48.53mg, Apigenin: 48.53mg, Apigenin: 48.53mg Luteolin:

0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg, Myricetin: 3.56mg Quercetin: 22.97mg, Quercetin: 22.97mg, Quercetin: 22.97mg, Quercetin: 22.97mg

Nutrients (% of daily need)

Calories: 1908.67kcal (95.43%), Fat: 78.79g (121.22%), Saturated Fat: 25.12g (156.97%), Carbohydrates: 166.18g (55.39%), Net Carbohydrates: 139.16g (50.6%), Sugar: 51.16g (56.84%), Cholesterol: 368.43mg (122.81%), Sodium: 4193.33mg (182.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 139.88g (279.77%), Vitamin A: 34637.01IU (692.74%), Vitamin K: 428.27µg (407.88%), Selenium: 251.77µg (359.67%), Vitamin B12: 19.37µg (322.76%), Phosphorus: 1732.74mg (173.27%), Zinc: 25.16mg (167.74%), Vitamin B6: 3.3mg (164.83%), Manganese: 3.04mg (151.87%), Vitamin B3: 26.95mg (134.76%), Vitamin B2: 2.24mg (131.81%), Vitamin C: 100.85mg (122.24%), Iron: 20.05mg (111.41%), Fiber: 27.02g (108.08%), Potassium: 3750.09mg (107.15%), Vitamin B1: 1.55mg (103.32%), Copper: 1.73mg (86.63%), Magnesium: 310.3mg (77.58%), Calcium: 771.51mg (77.15%), Folate: 290.94µg (72.73%), Vitamin B5: 6.79mg (67.88%), Vitamin E: 6.43mg (42.87%), Vitamin D: 0.45µg (3%)