



## Root Vegetable and Cauliflower Tagine with Parsley Yogurt

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



40

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 30 ounces garbanzo beans drained and rinsed canned
- ☐ 28 ounces tomatoes diced canned
- ☐ 1 teaspoon caraway seeds
- ☐ 0.8 teaspoon cinnamon
- ☐ 2 teaspoons pepper red crushed
- ☐ 0.5 cup currants dried
- ☐ 8 cloves garlic thinly sliced

- ☐ 1.5 cups olive green pitted quartered
- ☐ 2 teaspoons ground coriander
- ☐ 1 tablespoon ground cumin
- ☐ 40 servings kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 medium onion finely chopped (medium)
- ☐ 0.3 cup parsley plus more for garnish finely chopped
- ☐ 1 pound parsnips peeled cut into 3/4-inch dice
- ☐ 40 servings pepper freshly ground
- ☐ 1 pinch saffron threads
- ☐ 1.5 cups yogurt plain
- ☐ 1 pound sweet potatoes and into peeled cut into 1/2-inch dice
- ☐ 3 tablespoons tomato paste
- ☐ 2 pounds turnip peeled cut into 3/4-inch dice
- ☐ 1 quart vegetable broth low-sodium

## Equipment

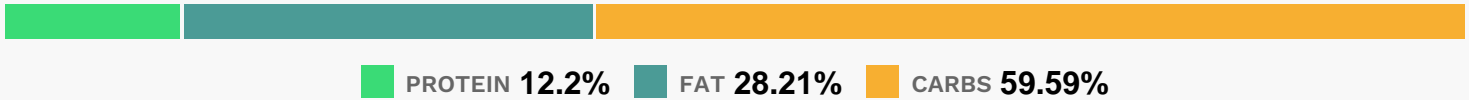
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ tajine pot

## Directions

- ☐ In a bowl, whisk the yogurt with the 1/4 cup of parsley and season with salt and pepper. Cover and refrigerate until chilled.
- ☐ In a large enameled cast-iron casserole, heat the olive oil.
- ☐ Add the onion, garlic and a generous pinch each of salt and pepper and cook over moderate heat, stirring occasionally, until softened and just starting to brown, about 8 minutes. Stir in the tomato paste, cumin, coriander, crushed red pepper, caraway and cinnamon and cook, stirring, until fragrant and glossy, about 3 minutes.

- ☐
- Add the turnips, parsnips, tomatoes and their liquid, broth, saffron and 1 cup of water to the pot and bring to a boil. Cover and simmer over moderately low heat, stirring occasionally, until the turnips and parsnips are beginning to soften, about 20 minutes.
- ☐
- Add the sweet potatoes, cauliflower, chickpeas and currants to the pot. Cover partially and simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 20 minutes. Stir in the olives and season with salt and pepper.
- ☐
- Transfer the tagine to a serving bowl, garnish with parsley and serve with the yogurt.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:3.98, Inflammation Score:-8, Nutrition Score:7.2108695999436%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 82.58kcal (4.13%), Fat: 2.74g (4.21%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 9.96g (3.62%), Sugar: 4.59g (5.1%), Cholesterol: 0.18mg (0.06%), Sodium: 402.56mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.33%), Vitamin A: 1739.44IU (34.79%), Manganese: 0.37mg (18.42%), Vitamin C: 10.2mg (12.36%), Fiber: 3.06g (12.25%), Vitamin K: 10.91µg (10.39%), Vitamin B6: 0.21mg (10.28%), Potassium: 260.33mg (7.44%), Phosphorus: 61.55mg (6.15%), Copper: 0.12mg (6.11%), Calcium: 56.78mg (5.68%), Vitamin E: 0.83mg (5.54%), Magnesium: 21.97mg (5.49%), Folate: 21.91µg (5.48%), Iron: 0.96mg (5.35%), Vitamin B1: 0.06mg (3.83%), Vitamin B2: 0.06mg (3.74%), Vitamin B5: 0.36mg (3.65%), Zinc: 0.48mg (3.19%), Vitamin B3: 0.53mg (2.64%), Selenium: 1.49µg (2.14%)