

health-score 67%
HEALTH SCORE

Shortcut Moroccan Vegetable Tagine with Couscous

☒ Vegetarian ☒ Vegan ☒ Dairy Free ☒ Very Healthy

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz butternut squash diced frozen
- ☐ 15.5 ounce chickpeas canned
- ☐ 3 tomatoes whole canned peeled
- ☐ 1 cup couscous
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup golden raisins dried chopped
- ☐ 0.3 cup olives green with the side of a knife pitted smashed

- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cumin
- ☐ 1 tablespoon harissa plus more if desired
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 medium onion yellow

Equipment

- ☐ frying pan
- ☐ oven
- ☐ tajine pot

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the onions and cook, stirring occasionally, until browned, about 7 minutes.
- ☐ Add the chickpeas, raisins, harissa, cinnamon, cumin, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring, until the spices are toasted, about 30 seconds.
- ☐ Working over the skillet, rip the tomatoes into large chunks with your hands and add to the skillet; add 2 cups water. Reduce the heat to medium-low, cover and simmer until the tomatoes and chickpeas have softened, about 12 minutes. Stir in the squash and olives, cover and cook until the squash is tender, about 5 minutes. Stir gently, so as not to break apart the squash too much, and simmer, uncovered, until the sauce is slightly thickened, about 5 minutes.
- ☐ While the tagine simmers, prepare the couscous according to package directions.
- ☐ Remove the tagine from the heat, and stir in the cilantro. Adjust the seasoning with additional salt, pepper and harissa. Divide the couscous between four plates, and spoon the tagine over it.
- ☐ Serve with additional harissa on the side.

Nutrition Facts



 PROTEIN **12.39%**  FAT **22.22%**  CARBS **65.39%**

Properties

Glycemic Index:59.93, Glycemic Load:26.7, Inflammation Score:-10, Nutrition Score:29.907825988272%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 456.38kcal (22.82%), Fat: 11.79g (18.13%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 78.02g (26.01%), Net Carbohydrates: 64.85g (23.58%), Sugar: 15.38g (17.09%), Cholesterol: 0mg (0%), Sodium: 1017.3mg (44.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.57%), Vitamin A: 8371.11IU (167.42%), Manganese: 1.75mg (87.64%), Vitamin C: 47.31mg (57.35%), Vitamin B6: 1.06mg (53.09%), Fiber: 13.17g (52.68%), Potassium: 1224.88mg (35%), Vitamin E: 5.06mg (33.71%), Iron: 6.02mg (33.47%), Copper: 0.6mg (30.09%), Magnesium: 114.76mg (28.69%), Phosphorus: 258.22mg (25.82%), Vitamin B3: 5.05mg (25.27%), Vitamin B1: 0.33mg (21.96%), Folate: 84.34µg (21.08%), Calcium: 201.53mg (20.15%), Vitamin B5: 1.6mg (15.96%), Vitamin B2: 0.25mg (14.76%), Vitamin K: 15.48µg (14.74%), Zinc: 1.76mg (11.7%), Selenium: 3.31µg (4.72%)