

Chickpea and Winter Vegetable Stew

Ingredients

2 teaspoons extra-virgin olive oil
1 cup chopped onion
1 cup cleaned and trimmed leek, cut into 1/2-inch slices
1/2 teaspoon ground coriander
1/2 teaspoon caraway seeds, crushed
1/8 teaspoon ground cumin
1/8 teaspoon ground red pepper
1 clove garlic, minced
3 2/3 cups vegetable stock, divided
2 cups peeled butternut squash, cut into 1-inch cubes
1 cup carrot, cut into 1/2-inch slices
3/4 cup Yukon gold potato, peeled and cut into 1-inch cubes
1 tablespoon harissa (North African hot sauce, available in specialty stores)
1 1/2 teaspoons tomato paste
3/4 teaspoon salt
1 pound turnips (about 2 medium), peeled and each cut into 8 wedges
1 (15 1/2-ounce) can chickpeas (garbanzo beans), drained
1/4 cup chopped fresh flat-leaf parsley
1 1/2 teaspoons honey
1 1/3 cups uncooked couscous
8 lemon wedges

Preparation

1. Heat oil in a large saucepan over medium-high heat. Add onion and leek; sauté 5 minutes. Add coriander and next 4 ingredients (through garlic); cook 1 minute, stirring constantly. Add 3 cups vegetable stock and the next 8 ingredients (through chickpeas); bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in parsley and honey.

2. Remove 2/3 cup hot cooking liquid from squash mixture. Place cooking liquid and remaining 2/3 cup stock in a medium bowl. Stir in couscous. Cover and let stand 5 minutes. Fluff with a fork. Serve with lemon wedges.

Yield: 8 servings.

Nutritional information per serving (serving size: 3/4 cup squash mixture, 1/2 cup couscous, and 1 lemon wedge): calories: 264; fat: 2.3 grams (saturated 0.3 grams, monounsaturated 1 gram, polyunsaturated 0.6 gram); protein: 8.3 grams; carbohydrate: 54.5 grams; fiber: 7.5 grams; cholesterol: 0 milligrams; iron: 2.4 milligrams; sodium: 425 milligrams; calcium: 92 milligrams.