



## **Pan Roasted Vegetable Stew with Moroccan Couscous**

### **Ingredients**

#### **For the vegetables:**

- 1 large eggplant, cut into 1-inch pieces
- 2 red peppers, seeded and chopped into 1-inch pieces
- 3 carrots, cleaned and copped into  $\frac{3}{4}$ -inch pieces
- 1 cup Brussels sprouts, cleaned and cut in half
- $\frac{1}{2}$  cup broccoli florets
- 4 kale leaves, center rib cut out, leaves sliced into thin strips
- 1 cup cauliflower florets
- 1 large or 2 small yellow squash, cut into 1-inch pieces
- 2 T. olive oil
- Salt and pepper to taste

#### **For the Couscous:**

- 4 cups reduced-sodium vegetable broth
- 1 can (28 oz) diced tomatoes, low sodium
- 1 t. ground cumin
- 1 t. dried thyme
- 1 cup couscous
- $\frac{1}{2}$  cup minced dried apricots
- $\frac{1}{4}$  t. cinnamon
- $\frac{1}{4}$  cup chopped fresh cilantro

#### **Preparation:**

Heat a solid-bottomed pan large enough to hold all the vegetables. Add carrots and sauté for 3–4 minutes to give them a head start. Add remainder of vegetables, being careful not to crowd the pan. Cook until all vegetables are al denté. Add cumin, thyme and diced tomatoes. Simmer for 5 minutes.

Cook couscous according to directions on the box, adding the apricots and cinnamon to the water (or vegetable stock).

Remove vegetable stew from heat and stir the cilantro in. Season to taste with salt and pepper. Spoon couscous into bowls and top with vegetable stew.

**Nutrition Per Serving:**

Calories	212 kcal
Fat	4 g
Saturated Fat	1 g
Monounsaturated Fat	3 g
Polyunsaturated Fat	1 g
Cholesterol	0 mg
Sodium	417 mg
Potassium	482 mg
Carbohydrates	39 g
Dietary Fiber	7 g
Sugars	12 g
Protein	6 g
Vitamin A	110 %
Vitamin C	115 %
Calcium	6 %
Iron	10 %