

African squash and chickpea stew



Ingredients

4 teaspoons olive oil
2 large onions, chopped (2 cups)
1 teaspoon ground coriander
1 1/2 teaspoons ground cumin
1/2 teaspoon ground cinnamon
1/2 teaspoon ground turmeric
1/4 teaspoon salt
1/4 teaspoon ground red pepper (cayenne)
2 cups butternut squash, peeled, seeded and cut into 1-inch cubes
2 cups vegetable broth
14.5-ounce can low-sodium diced tomatoes, undrained
15-ounce can chickpeas, drained and rinsed
1 1/2 cups thinly sliced okra
1/2 cup chopped fresh cilantro leaves
1/3 cup raw unsalted hulled pumpkin seeds (pepitas), toasted

Preparation

In 5-quart Dutch oven or saucepan, heat 3 teaspoons of oil over medium heat. Add onions and cook 10 minutes, stirring occasionally, until golden brown. Add all spices and stir until onions are well coated. Cook about 3 minutes, stirring frequently, until glazed and deep golden brown. Stir in squash and coat well with seasoned mixture. Stir in broth, tomatoes and chickpeas. Heat soup to boiling. Reduce heat, cover and simmer about 15 minutes or until squash is tender.

Meanwhile, in 8-inch skillet, heat remaining 1 teaspoon oil over medium-high heat. Add okra and cook 3-5 minutes, stirring frequently, until tender and edges are golden brown. Stir into stew.

Divide stew evenly into 4 bowls. Top each bowl with 2 tablespoons cilantro and 1 tablespoon pumpkin seeds.

African squash and chickpea stew



Ingredients

4 teaspoons olive oil
2 large onions, chopped (2 cups)
1 teaspoon ground coriander
1 1/2 teaspoons ground cumin
1/2 teaspoon ground cinnamon
1/2 teaspoon ground turmeric
1/4 teaspoon salt
1/4 teaspoon ground red pepper (cayenne)
2 cups butternut squash, peeled, seeded and cut into 1-inch cubes
2 cups vegetable broth
14.5-ounce can low-sodium diced tomatoes, undrained
15-ounce can chickpeas, drained and rinsed
1 1/2 cups thinly sliced okra
1/2 cup chopped fresh cilantro leaves
1/3 cup raw unsalted hulled pumpkin seeds (pepitas), toasted

Preparation

In 5-quart Dutch oven or saucepan, heat 3 teaspoons of oil over medium heat. Add onions and cook 10 minutes, stirring occasionally, until golden brown. Add all spices and stir until onions are well coated. Cook about 3 minutes, stirring frequently, until glazed and deep golden brown. Stir in squash and coat well with seasoned mixture. Stir in broth, tomatoes and chickpeas. Heat soup to boiling. Reduce heat, cover and simmer about 15 minutes or until squash is tender.

Meanwhile, in 8-inch skillet, heat remaining 1 teaspoon oil over medium-high heat. Add okra and cook 3-5 minutes, stirring frequently, until tender and edges are golden brown. Stir into stew.

Divide stew evenly into 4 bowls. Top each bowl with 2 tablespoons cilantro and 1 tablespoon pumpkin seeds.

Nutrition

Per 1 3/4 cup serving: 390 calories; 13g total fat (2g saturated); 0mg cholesterol; 650mg sodium; 54g carbohydrates; 12g fiber; 15g protein.



yumPower is all about finding tasty, good-for-you foods that power your body and help you live the best life possible. Get tips and tools at yumpower.com and like yumPower on Facebook for updates on events, recipes and more.



Recipe reprinted from the Betty Crocker Diabetes Cookbook, Houghton Mifflin Harcourt, New York, New York. Copyright © 2012 by General Mills, Minneapolis, MN. Recipe endorsed by EBAN 3D Collaborative Team.

480778 (8/13) © 2013 HealthPartners

Nutrition

Per 1 3/4 cup serving: 390 calories; 13g total fat (2g saturated); 0mg cholesterol; 650mg sodium; 54g carbohydrates; 12g fiber; 15g protein.



yumPower is all about finding tasty, good-for-you foods that power your body and help you live the best life possible. Get tips and tools at yumpower.com and like yumPower on Facebook for updates on events, recipes and more.



Recipe reprinted from the Betty Crocker Diabetes Cookbook, Houghton Mifflin Harcourt, New York, New York. Copyright © 2012 by General Mills, Minneapolis, MN. Recipe endorsed by EBAN 3D Collaborative Team.

480778 (8/13) © 2013 HealthPartners