



DINNER

Moroccan Lentils with Garnet Yams & Chard

Delicate black beluga lentils and peppery French green lentils are used to give this hearty stew a wonderful satisfying texture and mid-Eastern spice medley for wowza flavor.

YIELD: Serves 8

INGREDIENTS

- 5 cups chicken or vegetable stock
- 1 cup black beluga lentils
- 1 cup of French green lentils
- 2 large cloves garlic (minced)
- 2 medium onions (chopped)
- 2 medium carrot (peeled and chopped)
- 3 whole tomatoes (peeled and chopped)
- 1 lb. sweet potatoes (peeled and cubed)
- 1 bunch of rainbow or Swiss chard (chopped)
- 1 tablespoon cumin seed (toasted and ground)
- 1 teaspoon fresh ginger (minced)
- 1 teaspoon *Ras El Hanout* (See next page)
- 1/2 teaspoon cayenne
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 bunch cilantro or Italian parsley (chopped)
- 2 wedges of lemon

DIRECTIONS

1. In a Dutch oven or 8-quart stockpot, melt ghee or oil over medium heat. Add onions and sauté until translucent. Add a pinch of sea salt to the onions, stir.
2. Add carrots, and cook until carrots become tender, 10-15 minutes.
3. Stir in garlic, cumin, ginger, Ras El Hanout, cayenne, and cook on low heat until aromatic, 2-3 minutes.
4. Stir in tomatoes and yams. Add stock and lentils.
5. Return the pot to medium low heat, cover, and simmer until lentils and yams are tender, 30 minutes.
6. Stir in chopped chard 10 minutes before serving, Adjust seasoning to taste.
7. Serve with chopped cilantro, parsley, and a squeeze of lemon.



NUTRITION GEM

Health Benefits of Lentils, Yams & Swiss Chard

A symphony of aroma, texture, nutrient density and flavor.

Lentils — Lentils are a great source of protein, fiber, iron, folate, and potassium that enhance heart health, blood sugar and weight management, and digestive health.

Yams — Yams support blood sugar regulation, heart health, hormone and brain function, thanks to their rich content of fiber, vitamins, and minerals like potassium and manganese.

Swiss chard — Swiss chard is packed with vitamins A, C, and K, as well as minerals like magnesium, potassium, and iron that improve immunity, bone health, and digestion.



DINNER

Ras El Hanout

The literal translation from Arabic is “the best of the shop.” Moroccans use this spice blend in daily cooking and in festive, specialty dishes.

YIELD: Serves 12

INGREDIENTS

- 2 teaspoons ground ginger
- 2 teaspoons ground cardamom
- 2 teaspoons ground mace
- 1 teaspoon cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground nutmeg
- 1 teaspoon turmeric
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground anise seeds
- 1/4 teaspoon ground cloves

DIRECTIONS

1. Blend all of the spices in a bowl. Transfer to a glass jar, and store in a dry, dark place.
2. Use Ras El Hanout to season tagines, stews, meat, poultry, fish, and vegetables. It keeps well for several months.



NUTRITION GEM

Health Benefits of Cardamom, Turmeric & Cloves

Wonderful condiment for lamb, fish, chicken, or toast.

Cardamom — Cardamom is an antioxidant that fights inflammation, aids digestion, improves oral hygiene, lower blood pressure, and potentially reduce anxiety and stress.

Turmeric — Turmeric provides a kaleidoscope of anti-inflammatory compounds that neutralizing free radicals (pollution, sunlight) that aggravate and promote tissue healing.

Cloves — Cloves has potent antioxidant, anti-inflammatory, and antimicrobial properties, that aid digestion, improve oral hygiene, and regulate blood sugar levels.