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VEGETARIAN

## cauliflower and chickpea stew with couscous

hands-on time: 25 minutes | total time: 35 minutes | serves 4

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1½ teaspoons ground cumin
- ½ teaspoon ground ginger
- Kosher salt and black pepper
- 1 28-ounce can whole tomatoes
- 1 15-ounce can chickpeas, rinsed
- 1 head cauliflower, cored and cut into small florets
- ½ cup raisins
- 1 5-ounce package baby spinach, chopped
- 1 cup couscous

► Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, until beginning to soften, 4 to 5 minutes. Add the cumin, ginger, ¼ teaspoon salt, and ¼ teaspoon pepper and cook, stirring, until fragrant, 1 minute more.

► Add the tomatoes and their liquid (crush the tomatoes with your hands as you add them), chickpeas, cauliflower, raisins, and ½ cup water and bring to a boil. Reduce heat and simmer, stirring occasionally, until the vegetables are tender and the liquid has slightly thickened, 15 to 20 minutes. Fold in the spinach and cook until just wilted, 1 to 2 minutes more.

► Meanwhile, place the couscous in a large bowl. Add 1 cup of hot tap water, cover, and let sit for 5 minutes; fluff with a fork. Serve with the stew.

**TIP**

To add extra protein to this satisfying stew, sprinkle it with sliced almonds.



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



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**Nutritionist Notes:**

- Low in saturated fat
- High in manganese
- High in Vitamin A
- High in Vitamin C

**To decrease sodium:**

- May want to use low-sodium canned whole tomatoes and low-sodium canned chickpeas, drain, and rinse