



Moroccan Butternut Squash “Rotini” Tagine

Servings

4-6

Calories

270

Prep Time

5 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup finely diced onion
- Salt, to taste
- ½ tablespoon freshly grated ginger
- ½ teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- 2 (10 ounce) bags Butternut Squash “Rotini”
- 1 cup chicken stock
- 1 cup orange juice, freshly squeezed
- 1 tablespoon orange zest
- 1 tablespoon lemon zest
- ⅛ cup maple syrup
- 1 dozens Kalamata olives, cut in half
- ¼ cup chopped flat leaf parsley
- ¼ cup shelled pistachios, toasted, chopped
- ½ cup feta cheese





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The Method

Heat the olive oil in a deep sided pan on medium heat. Add the onions with some salt and sauté until almost golden color, about 5 minutes.

Add the ginger, cumin, cinnamon and paprika continuing to sauté for about 1 minute. Add the Butternut Squash “Rotini,” chicken stock, orange juice, citrus zest and salt, to taste. Stir to combine everything. Bring to a boil, then turn the heat to medium low, cover and cook for about 15 minutes.

Uncover and continue cooking until the liquid is reduced to a glaze, about 5 minutes. Add maple syrup and olives then lightly stir until well-combined. Transfer to a serving bowl and garnish with pistachios, parsley and feta cheese.

Nutrition Facts

Serving Size: 337g | Servings: 4

Amount Per Serving

Calories 270 | Total Fat 11g (sat fat 3.5g trans 0g) | Cholesterol 15mg | Sodium 930mg | Total Carbohydrate 39g | Dietary Fiber 5g | Sugars 19g (Includes 19g Added Sugars) | Protein 7g | Vitamin D 0% | Calcium 15% | Iron 10% | Potassium 15%