



CHICKPEA AND DATE TAGINE

Yield: 4-6 servings

Ingredients:

- ❖ 1 cup millet
- ❖ 1 ¾ cups water
- ❖ Pinch of sea salt
- ❖ 1 tablespoon extra virgin olive oil
- ❖ 1 large onion, medium dice
- ❖ 1 tablespoon garlic, minced
- ❖ 1 teaspoon cumin
- ❖ 1 teaspoon coriander
- ❖ 1 teaspoon ground ginger
- ❖ ½ teaspoon ground cinnamon
- ❖ (1) 15 oz. can crushed tomatoes
- ❖ ½ cup water
- ❖ (2) 15 oz. cans chickpeas, rinsed and drained
- ❖ 1 ½ cups pitted dates, halved
- ❖ ½ cup lemon juice
- ❖ ½ cup chopped cilantro for garnish



Procedure:

1. Rinse millet in a fine mesh strainer under running water until water runs clear.
2. In a medium saucepan over medium heat, cook rinsed millet until water evaporates and there is a nutty aroma. Add water, salt, cover and simmer until all the water is absorbed (approximately 30 minutes). Remove from heat and let stand for five minutes. Fluff with a fork.
3. In a medium saucepan, heat olive oil and sauté onion until soft and starting to brown. Stir in garlic and spices and cook another 30 seconds.
4. Add tomatoes, chickpeas and ½ cup water. Simmer 10 minutes.
5. Stir in dates and lemon juice.
6. Season to taste with salt and pepper.
7. Serve over millet and garnish with cilantro.