

stews

coriander. Makes 4 servings. **PER SERVING:** about 239 cal, 24 g pro, 10 g total fat (2 g sat. fat), 12 g carb, 1 g fibre, 94 mg chol, 689 mg sodium. % RDI: 2% calcium, 11% iron, 3% vit A, 27% vit C, 7% folate.

Slow Cooker Garlic Black Bean Chicken:

Use skin-on chicken thighs. After browning chicken, transfer to slow cooker.

☛ Continue with recipe, omitting sweet pepper until later and scraping stock mixture into slow cooker. Cover and cook on low for 4 hours.

☛ Whisk 1 tbsp (15 mL) cornstarch with 1 tbsp (15 mL) water; add to slow cooker. Add sweet pepper; cover and cook on high for about 10 minutes or until thickened. Stir in coriander. Remove chicken skin if desired.

Slow Cooker Squash and Chickpea Curry

With a touch of richness from the coconut and a kick of spice from the curry, this vegetarian dish is truly tasty.

| | | |
|--------|--|--------|
| 2 cups | cubed peeled butternut squash | 500 mL |
| 2 cups | diced peeled potato | 500 mL |
| 1 | can (19 oz/540 mL) chickpeas, drained and rinsed | 1 |
| 1 tbsp | vegetable oil | 15 mL |
| 1 | onion, diced | 1 |
| 2 | cloves garlic, minced | 2 |
| 1 tbsp | minced gingerroot | 15 mL |
| 3 tbsp | mild curry paste | 50 mL |
| 1 | can (400 mL) light coconut milk | 1 |
| 1 cup | vegetable stock | 250 mL |

| | | |
|--------|--|--------|
| ¼ cup | natural cashew butter or peanut butter | 50 mL |
| ¼ tsp | salt | 1 mL |
| 2 cups | packed shredded Swiss chard | 500 mL |
| 1 cup | frozen green peas | 250 mL |
| 2 tbsp | chopped fresh coriander | 25 mL |

☛ In slow cooker, combine squash, potato and chickpeas.

☛ In large skillet, heat oil over medium heat; fry onion, garlic and ginger, stirring occasionally, until light golden, about 7 minutes. Add curry paste; cook, stirring, until fragrant, about 1 minute. Add to slow cooker.

☛ Add coconut milk to skillet; scrape up any bits and pour into slow cooker. Add vegetable stock to slow cooker; stir in cashew butter and salt. Cover and cook on low for about 4 hours or until vegetables are tender.

☛ Stir in Swiss chard and peas. Cover and cook on high for about 15 minutes or until Swiss chard wilts. Sprinkle with coriander. **Makes 6 to 8 servings. PER EACH OF 8 SERVINGS:** about 217 cal, 6 g pro, 8 g total fat (3 g sat. fat), 32 g carb, 5 g fibre, 0 mg chol, 543 mg sodium. % RDI: 4% calcium, 11% iron, 50% vit A, 23% vit C, 25% folate.

Squash and Chickpea Curry:

In Dutch oven, fry onion, garlic and ginger as directed. Add curry paste; cook, stirring, until fragrant, about 1 minute.

☛ Add squash, potato and chickpeas; stir to coat. Add coconut milk, stock, cashew butter and salt; bring to boil. Cover and simmer, stirring twice, until vegetables are tender, about 30 minutes.

☛ Gently stir in shredded Swiss chard and peas; cook, stirring, until Swiss chard wilts, about 5 minutes. Sprinkle with chopped coriander.

Charmoula Chicken

Charmoula is a Moroccan seasoning mixture of fresh herbs (coriander and parsley) and spices (paprika, cumin and cinnamon). Adding the herbs at the end gives the freshest, brightest flavour.

| | | |
|--------|-----------------------------------|--------|
| 1 tbsp | vegetable oil | 15 mL |
| 8 | chicken thighs, skinned | 8 |
| 1 | onion, chopped | 1 |
| 2 | cloves garlic, minced | 2 |
| 1 tsp | paprika | 5 mL |
| ½ tsp | ground cumin | 2 mL |
| ¼ tsp | each salt and pepper | 1 mL |
| Pinch | cinnamon | Pinch |
| 2 tbsp | all-purpose flour | 25 mL |
| 1 cup | chicken stock | 250 mL |
| 2 tbsp | minced fresh coriander or parsley | 25 mL |
| 1 tbsp | minced fresh parsley | 15 mL |
| 2 tsp | lemon juice | 10 mL |

☛ In large skillet, heat oil over medium high heat; brown chicken. Transfer to plate. Drain fat from pan.

☛ Fry onion, garlic, paprika, cumin, pepper and cinnamon over medium heat, stirring occasionally, until onion softened, about 5 minutes. Sprinkle with flour; cook, stirring, for 1 minute. Pour stock and bring to boil, stirring and cooking up brown bits.

☛ Return chicken and any juices to pan; reduce heat, cover and simmer, turning chicken once, until juices run clear when chicken is pierced, about 15 minutes. (Make-ahead: Let cool for 15 minutes. Refrigerate, uncovered, in airtight container until cold; cover and reheat for up to 24 hours or freeze for up to 1 month.) Add coriander, par-