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**PARSNIP COUSCOUS TAJINE**

Here’s another recipe from Engine 2. This North African dish is loaded with simple flavors, perfectly cooked vegetables and protein-rich beans all served over a bed of fluffy couscous. Tajine dishes are traditionally cooked in a clay pot over hot coals, but you can have the all of the deliciousness without adding any coals to your kitchen! Makes 1 medium serving.

**Ingredients:**

* ¼ cup couscous (whole grain)
* A little purified water for ‘frying’
* 1 clove garlic, minced or diced finely
* 1 parsnip, peeled and chopped into small bite-sized pieces
* 1 red potato, washed and chopped into small bite-sized pieces
* ¼ cup no-salt canned diced tomatoes
* 2 pinches cinnamon
* ¼ tsp. cumin
* ¼ tsp. paprika
* ¾ cup garbanzo beans (chick peas)
* 1 Tbs. pistachios
* Salt and pepper to taste
* 2 Tbs. fresh parsley

**Method:**

1. Cook the couscous. In a small pot, bring ½ a cup of water to a boil and remove it from the heat. Add the couscous, stir and cover. Let the couscous sit covered for 10 minutes. Fluff with a fork and serve.
2. In a small pot, add a little water for ‘frying’ and heat to medium. Add, garlic, parsnip, potato, tomatoes, cinnamon, cumin and paprika. Cover, reduce heat to medium low and simmer for 7-8 minutes until the potato is soft but not easily pierced with a fork.
3. Add the garbanzo beans and the pistachios, cover and let simmer for 10 more minutes or until potatoes are cooked through. Add a little water if it’s getting dry.

Sprinkle in salt and pepper to taste.

Plate the couscous with the vegetable mixture on top and fresh parsley sprinkled over top.