

CHEF SARA RHODES

MORACCAN SPICED CHICKPEA-SPINACH STEW

2 Tbsp. Vegetable Oil
1 medium yellow onion, chopped
1 tsp. whole cumin seeds
1 Tbsp. garlic, minced
1 Tbsp. minced ginger
1 tsp. ground coriander
1 tsp. ground cumin
½ tsp. ground turmeric
¼ tsp. ground cayenne
Kosher salt
8 oz. baby spinach
1 15.5 oz. can chickpeas, drained and rinsed
1 14.5 oz. can petite diced tomatoes
½ cup plain Greek yogurt, stirred
¾ cup Feta cheese – Mediterranean Flavor



Heat the oil in a 12-inch skillet over medium-high heat. Add the onion and cumin seeds, and cook, stirring often, until the onion starts to brown, 3 to 5 minutes. Add the garlic and ginger and cook stirring until fragrant, about 1 minute. Add the coriander, ground cumin, turmeric, cayenne, and 1 tsp. of salt and cook, stirring for another 30 seconds. Add ½ cup water and stir. Add the spinach a couple of handfuls at a time, turning with tongs until wilted. Stir in the chickpeas and tomatoes, and simmer for 5 minutes, stirring occasionally, adding a little more water if necessary.

Season to taste with salt and pepper. Spoon into a bowl, top with a dollop of the yogurt and sprinkle the feta cheese over all.

Serves 4