**Rockin’ Moroccan**

***Presented by the Department of Food & Nutrition Services***

November 18, 2015

12:00pm-1:00pm

Searle Conference Center: Fenger Sippy

Cost: $10 per person

***Menu***

**Zaalouk with Veggie Chips**

*Traditional Moroccan eggplant dip*

*served with veggie chips*

**Chicken Bastilla Roll**

*Flaky phyllo dough stuffed with savory & sweet Moroccan*

*spiced chicken, almonds & egg*

**Moroccan Shrimp with Couscous and Grilled Veggies**

*Flavorful Moroccan-spiced shrimp on a bed of couscous*

*topped with caramelized onions & raisins*

*served with grilled carrots and zucchini*

**Moroccan Spiced Hot Chocolate**

**& Cinnamon Cookie**

*Rich hot chocolate with cinnamon, cardamom,*

*& orange rind complimented by a delightful cinnamon cookie*

**Calories: 689 Fat: 21 g Carbohydrate: 84 g**

**Protein: 44 g Sodium: 655 mg**

# C:\Users\Sabrina\AppData\Local\Microsoft\Windows\INetCache\Content.Word\IMG_3049.jpgZaalouk with Veggie Chips

Salsa Serves: 11

Serving Size: 1/4 Cup

Veggie Chips Serve: 20

Serving Size: 1 oz

##

**INGREDIENTS**

**Zaalouk**

* 1 eggplant
* 3 tomatoes, diced
* 1 tbsp olive oil
* 1 tsp crushed garlic
* ¼ C parsley, chopped
* ¼ C cilantro, chopped
* 1 tsp paprika
* 1 tsp cumin
* ½ tsp salt
* ¼ tsp pepper
* 1 tsp vinegar

**Veggie Chips**

* 1 of each: parsnip, golden beet, yam, and celery root, each peeled, cut 1/16 inch thick
* ½ tsp fine sea salt
* Cooking spray

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| **Calories** | **59** |
| **Fat (g)** | **3** |
|  *Saturated Fat* (g) | **0** |
| **Carbohydrate (g)***Fiber (g)* | **9****3** |
| **Protein (g)** | **1** |
| **Sodium (mg)** | **132** |
| **Cholesterol (mg)**  | **0** |

**Nutrition Facts**

**Zaalouk:**

1. Boil the eggplant cubes in salted water for 20 - 30 minutes. Drain eggplant cubes and press with a spoon until all excess water is released.

2. On medium heat, combine cooked eggplant, tomatoes, olive oil, garlic, herbs and spices. Cook for 30 minutes.
3. Crush the eggplant and tomatoes with a wooden spoon while they are cooking until you end up with a puree. In the last 5 minutes, add vinegar.

**Veggie chips:**

1. Lightly salt vegetables, let sit for 10 minutes to extract water, then pat dry.

1. 2. Preheat to 375 degrees. Lightly coat 2 baking sheets with cooking spray.

3. Working in batches, place vegetable slices in a single layer on the baking sheets. Bake until crisp, approximately 20 minutes.

##

**Nutrition Tip:** The purple skin of the eggplant contains an antioxidant called Nasunin, which may help protect against cancer. You may want to leave some skin on in the dip!

 **Chicken Bastilla Rolls**

Serves: 6

Serving Size: 1 roll

**INGREDIENTS**

* 1 small onion, finely chopped
* 1.5 tsp ground cumin
* 1 tsp ground ginger
* 1 tsp turmeric
* 1 tsp black pepper
* ½ tsp ground coriander
* ¾ lb chicken breast
* ¾ cup low-sodium chicken broth
* ½ cup water
* 2 cinnamon sticks (or ½ tsp ground cinnamon)
* ¼ cup sliced almonds, toasted
* 2 large eggs, lightly beaten
* ¼ tsp black pepper
* Cooking spray
* 2 phyllo sheets
* 2 tsp ground cinnamon
* 2 tsp ground mustard seeds

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| **Calories** | **147** |
| **Fat (g)** | **7** |
|  *Saturated Fat* (g) | **1** |
| **Carbohydrate (g)***Fiber (g)* | **9****2** |
| **Protein (g)** | **13** |
| **Sodium (mg)** | **88** |
| **Cholesterol (mg)**  | **85** |

**Nutrition Facts**

**INSTRUCTIONS**

1. Spray saucepan with cooking spray, cook onion along with next 5 ingredients (through coriander) over moderate heat, stirring until softened (about 5 min). Add chicken, broth, water, and cinnamon sticks. Simmer, covered, turning chicken over once, until meat is very tender, about 45 min. Transfer chicken to a bowl and reserve the cooking liquid.
2. Simmer the cooking liquid over moderately high heat, uncovered, until reduced to about ½ cup, about 8 minutes. When cool enough to handle, shred the chicken and place in a bowl. Add the cooking liquid to shredded chicken and stir in almonds. Discard cinnamon sticks.
3. Reserve 2 tbsp of beaten egg for egg wash. Lightly season the remaining egg with pepper and then cook in a non-stick skillet over moderately high heat, stirring, until just set but still slightly soft. Stir eggs into chicken and liquid mixture.
4. Preheat oven to 375̊ F. Put 1 phyllo sheet on a work surface, keeping remaining phyllo covered with a damp kitchen towel to prevent drying out. Generously spray phyllo with cooking spray so the entire sheet is covered. Sprinkle 1 tsp of cinnamon over sheet. Top the phyllo sheet with another sheet and repeat same procedure.
5. Cut the phyllo sheets in half horizontally. On one half of the phyllo, spread half of the chicken mixture evenly along the longest edge of the phyllo (should be the side that is closest to you). Carefully roll the phyllo tightly (this is similar to rolling sushi). Cut the bastilla roll into three pieces. Repeat same procedure with the remaining phyllo.
6. Brush remaining egg mixture on top of the rolls and then sprinkle with mustard seeds.
7. Place in oven for about 12 minutes or until golden brown.

##

**Sweet & Spicy Moroccan Shrimp with Grilled Veggies**

**Couscous with Tfaya- Caramelized Onions with Raisins**

Serves: 6

Serving Size: 3 oz

**Nutrition Tip:** The shrimp can be substituted for chicken or other vegetables. The spices give the shrimp delicious flavor! If you don’t have a grill, you can roast the vegetables in the oven.

**Fun Fact:** Morocco is famous for its use of spices: turmeric, saffron, ginger, paprika, cayenne pepper, cumin, and aromatic spices such as cardamom, cinnamon, mace and nutmeg are all commonly used.

**INGREDIENTS**

* 1 tbsp all-purpose flour
* 2 tsp paprika
* 1 tsp garlic powder
* 1 tsp ground cumin
* ½ tsp chili powder
* ½ tsp brown sugar
* ½ tsp ground coriander
* ¼ tsp ground ginger
* ¼ tsp ground turmeric
* ¼ tsp cinnamon
* ¼ tsp cayenne pepper
* 1/8 tsp black pepper
* 1/8 tsp ground cardamom
* 1 1/2 lbs shrimp, peeled and devained
* 1 tbsp olive oil

**Vegetables**

* 4 large carrots, peeled, sliced in long pieces
* 2 zucchini, peeled, sliced in long pieces
* ½ tsp turmeric
* ¼ tsp paprika

**INSTRUCTIONS**

**Shrimp**

1. Mix the seasonings and flour together in a small bowl.
2. Toss the mixture with the shrimp until evenly coated.
3. Heat the olive oil in a large skillet over medium-high heat.
4. Add the shrimp to the pan and fry until thoroughly cooked, about 5-10 min.

**Vegetables**

1. Toss vegetables with seasonings in a bowl.
2. Place vegetables on grill until browned on all sides. Zucchini will cook faster than carrots.

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| **Calories** | **180**  |
| **Fat (g)** | **7** |
|  *Saturated Fat* (g) | **1** |
| **Carbohydrate (g)***Fiber (g)* | **14****1** |
| **Protein (g)** | **17** |
| **Sodium (mg)** | **287** |
| **Cholesterol (mg)**  | **141** |

**Nutrition Facts**

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Serves: 8

Serving Size: ½ cup couscous + 2 tbsp tfaya

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**INGREDIENTS**

* 1/2 large onion, sliced
* ¼ cup of raisins
* ¼ tsp pepper
* ¼ tsp cinnamon
* 1/8 tsp ground ginger
* 1/8 tsp turmeric
* 1/8 tsp saffron threads
* 1 tbsp honey
* 1 tbsp unsalted butter
* ½ cup water
* 1 and 1/3 cup dry couscous

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| **Calories** | **132** |
| **Fat (g)** | **3** |
|  *Saturated Fat* (g) | **1** |
| **Carbohydrate (g)***Fiber (g)* | **26****2** |
| **Protein (g)** | **3** |
| **Sodium (mg)** | **5** |
| **Cholesterol (mg)**  | **4** |

**Nutrition Facts**

**INSTRUCTIONS**

1. Mix the onions, raisins, spices, and honey in a large saucepan. Add the butter and water, cover, and bring to a simmer. Continue simmering for a half hour, stirring occasionally, until the onions are very soft and golden. Add additional water only if the liquid evaporates before the onions are cooked.
2. Once the onions are cooked and richly colored, reduce the liquids to a thick syrup. Turn off the heat, and set the caramelized onions aside. Reheat the onions prior to serving.
3. Make the couscous according to package directions: 1 part couscous to 1 part water.
4. Serve ½ cup cooked couscous topped with 2 tablespoons tfaya.

**Nutrition Tip:** Couscous is a tiny pasta made of wheat or barley. Couscous is more than just a side dish, it can be used as a filler in meatloafs or added to a salad!

**Fun Fact:** Tfaya refers to the sweet and spicy caramelized onions and raisins served on the couscous. Some versions include [chick peas](http://turkishfood.about.com/od/BeansRiceGrains/r/Turkish-Chick-Pea-Stew-With-Meat.htm). This dish very common in Moroccan cuisine – it emerges from a long and varied history which includes Berber, Arab, Roman, African, Mediterranean and Moorish influences –the unique fusion of flavors, ingredients and cooking techniques has rightly earned Moroccan food a reputation as one of the world’s most celebrated cuisines.

##

**Cinnamon Cookie****Moroccan Spiced Hot Chocolate**

**INGREDIENTS**

* 6 tablespoons granulated sugar
* 1/3 cup butter, softened
* 2 tablespoons light brown sugar
* 2 teaspoons vanilla extract
* 2 large egg whites
* 1 1/2 cups all-purpose flour (6 3/4 ounces)
* 1/4 cup cornstarch
* 1/2 teaspoon baking powder
* 1/4 teaspoon baking soda
* 1/4 teaspoon salt
* 1/4 teaspoon ground cinnamon
* 2/3 cup powdered sugar
* 2 teaspoons fat-free milk
* 1/8 teaspoon ground cinnamon

**Nutrition Tip:** It is hard to resist cookies once they have been made and are sitting on the counter. In order to avoid temptations, you can bake one or two of the dough sheets and keep the others in the freezer until you want to make more!

**INSTRUCTIONS**

1. Preheat oven to 375°F.
2. Combine sugar, butter, brown sugar, and vanilla in large bowl; beat with a mixer at medium speed until well blended (about 5 minutes). Add egg whites, 1 at a time, beating well after each addition.
3. In a separate bowl combine the flour and next 5 ingredients (flour through cinnamon), stirring well with a whisk. Add to butter mixture; beat well.
4. Divide dough into 4 equal portions. Roll each portion to a 1/8-inch thickness between 2 sheets of plastic wrap. Freeze dough 20 minutes or until plastic wrap can be easily removed.
5. Working with 1 portion of dough at a time (keep remaining dough in freezer), remove top sheet of plastic wrap. Cut dough with a 2-inch round cookie cutter; making 9 cookies per portion for a total of 36 cookies. Place cookies on a baking sheet.
6. Bake at 375° for 8 minutes or until lightly browned. Remove from baking sheet; cool on a wire rack. Combine powdered sugar, milk, and cinnamon; drizzle mixture over cookies.

**Nutrition Facts**

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| **Calories** | **57** |
| **Fat (g)** | **2** |
|  *Saturated Fat* (g) | **1** |
| **Carbohydrate (g)***Fiber (g)* | **10****0** |
| **Protein (g)** | **1** |
| **Sodium (mg)** | **62** |
| **Cholesterol (mg)**  | **4** |

Serves: 36

Serving Size: 1 cookie

Serves: 3

Serving Size: 3/4 cup

**INGREDIENTS**

* 3 cups of skim milk
* 1 tbsp of chocolate syrup
* 2 cinnamon sticks (or ½ tsp ground cinnamon)
* ¼ of an orange rind
* 3 pieces of cardamom pod or 1/8 tsp of ground cardamom
* 1 oz bittersweet chocolate

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| --- | --- |
| **Calories** | **110** |
| **Fat (g)** | **2** |
|  *Saturated Fat* (g) | **1** |
| **Carbohydrate (g)***Fiber (g)* | **17****1** |
| **Protein (g)** | **7** |
| **Sodium (mg)** | **81** |
| **Cholesterol (mg)**  | **4** |

**Nutrition Facts**

**INSTRUCTIONS**

1. Stir milk and chocolate syrup together in a saucepan, bring to a boil. Add cinnamon sticks, orange rind and cardamom pods in the milk mixture. Remove from heat and let stand 10 minutes.
2. Meanwhile, finely grate chocolate and place in a bowl. Set aside.
3. Using a metal strainer, carefully strain out spices from milk mixture. Pour hot milk mixture over chocolate. Stir mixture until well blended. Pour into individual mugs.

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**Nutrition Tip:** You could also use your own hot chocolate mix to make this tasty drink! Just stir milk or water with your hot chocolate mix over the stove and add in the Moroccan spices.

**Fun Fact:** Although fresh, seasonal fruits are typically eaten at the end of a meal in Morocco, on special occasions they will indulge in decadent, cooked desserts!