

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Greek Cauliflower & Chickpea Stew w/ Spinach, Kalamatas & Feta**

Inspired by Beth Cooper Benjamin

Adapted from a recipe by Martha Rose Schulman in the New York Times.

Delicious served hot over a bed of rice or other grains ... and quite tasty as a leftover for lunch the next day.

4-6 servings

1½ tablespoons olive oil  
1 large onion, sliced thinly pole to pole  
2 cups carrots, sliced into 1/3-inch thick rounds  
4 cloves garlic, crushed  
¼ teaspoon salt  
Half a dozen twists freshly ground pepper  
1 teaspoon cinnamon  
1 teaspoon cumin  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
1 tablespoon red wine vinegar  
1 28-ounce can fire-roasted diced tomatoes, pulsed a couple of times in a food processor  
¾ cup water  
1 25-ounce can (or 2 15-ounce cans) chickpeas, drained and rinsed  
2 bay leaves  
Half a large cauliflower, cored, cut into florets and sliced ½-inch thick  
5 cups packed baby spinach  
12 Kalamata olives, pitted and quartered  
2 ounces feta cheese, crumbled  
1/3 cup flat leaf parsley, coarsely chopped  
1/3 cup fresh mint, thinly sliced  
Salt and pepper to taste

Heat the oil over medium heat in a large skillet. Add the onion, cover the pan and cook for 5 minutes until it is translucent. Remove the lid, stir in the carrots, garlic, salt and pepper and cook for 2 minutes. Stir in the cinnamon, cumin, thyme and oregano. After 1 minute stir in the red wine vinegar, pulsed tomatoes, water, chickpeas and bay leaves.

Bring the mixture to a boil, cover the pan, and lower the heat so the mixture simmers for 10 minutes.

Add the cauliflower to the pan, submerging it as possible in the liquids. Cover the pan and simmer all together for 20-25 minutes until the cauliflower is tender.

Stir in the spinach, Kalamatas and 2/3 of the feta cheese. When the spinach has wilted stir in the parsley and mint. Taste and adjust the seasonings.

Serve over a bed of cooked grains such as quinoa, rice, couscous or bulgur, and garnished with the remaining feta cheese.