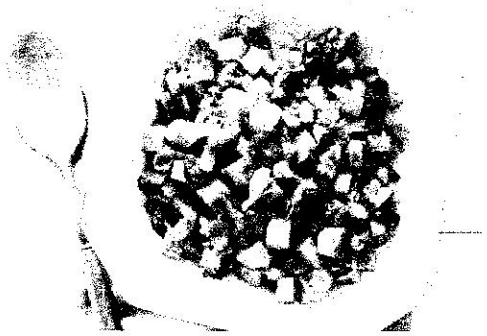
Roasted Moroccan-Style Vegetables

Recipe courtesy of Food Network Kitchen



Roasted Moroccan-Style Vegetables

Total Time:
1 hr 10 min
Prep: 15 min
Cook: 55 min

Yield:
Serves 6
Level:
Easy

Ingredients

- Cooking spray
- 5 tablespoons extra-virgin olive oil
- Juice of 1/2 small lemon (about 1 tablespoon)
- 2 large cloves garlic, minced
- Kosher salt
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground ginger
- 1 large yellow onion, diced
- 1 medium eggplant (about 1 pound), unpeeled, cut into 1/2-inch cubes
- 1 medium sweet potato (about 12 ounces), unpeeled, scrubbed and cut into 1/2-inch cubes
- 1 cup grape tomatoes, halved
- 8 dried apricots, thinly sliced, or 2 packed tablespoons golden raisins
- 1/2 cup loosely packed fresh cilantro leaves, chopped

Directions

Preheat the oven to 400 degrees F. Spray two rimmed baking sheets with cooking spray.

Whisk together 3 tablespoons of the oil, lemon juice, garlic, 2 teaspoons salt, coriander, cinnamon, cumin and ginger in a large bowl. Add the onions, eggplant, sweet potatoes and tomatoes and toss well to fully coat the vegetables. Divide among the prepared baking sheets and arrange in a

single layer. Roast until the sweet potatoes and eggplant are lightly browned and fully softened, 50 to 55 minutes, rotating trays and switching from top to bottom halfway through.

Transfer the vegetables to a large bowl. Toss with the apricots, cilantro and remaining 2 tablespoons of oil. Season to taste with salt.

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GRILLED MOROCCAN-STYLE ROCK CORNISH GAME HENS

SERVES 4

- ½ cup peanut oil
- ¼ cup fresh lemon juice
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped flat-leaf parsley
- 2 cloves garlic, minced
- 1 tablespoon sweet paprika
- 2 teaspoons ground cinnamon
- 2 teaspoons ground turmeric
- 2 teaspoons ground allspice
- 2 teaspoons minced fresh ginger
- 2 teaspoons minced lemon zest
- Four 1- to 1¼-pound Rock Cornish game hens
- Vegetable oil cooking spray

These marinated hens are great cooked in the oven, too: Place them in a baking dish and roast at 425°F until the juices run clear at the thickest part of the meat, about 45 minutes. Whether you choose to grill or roast these hens, we suggest sprinkling a little salt on them just before cooking.

Rock Cornish game hens are tiny birds that have caught on with Americans, often connoting elegant dining. The miniature birds were the brainchild of poultry breeder Jacques Makowsky, who crossed Cornish game cocks with Plymouth Rock hens at his Connecticut farm. Since their debut in 1950, the tender hens have rapidly grown in popularity.

1. Combine the oil, lemon juice, cilantro, parsley, garlic, paprika, cinnamon, turmeric, allspice, ginger, and lemon zest in a small bowl and stir until well mixed.

2. Put the hens in a shallow glass or ceramic dish and pour the marinade over them. Rub it over the hens and inside the cavities. Using kitchen twine, truss the hens. Cover and refrigerate for at least 6 hours or overnight, letting the hens come to room temperature before grilling.

3. Prepare a charcoal or gas grill: Lightly spray the grill rack with vegetable oil cooking spray. Light the coals or heating elements, and let them burn or heat until moderately hot.

4. Lift the hens from the dish. Discard the marinade. Grill, breast side down, for about 15 minutes. Turn and grill for 25 to 30 minutes longer, until the juices run clear when the thickest part of the meat is pricked with a fork or sharp knife, or when an instant-read thermometer inserted in the thickest meat registers 180°F. Let rest for about 5 minutes before serving.

Orzo with Tomatoes, Feta, and Green Onions

8 SERVINGS

- ¼ cup red wine vinegar
- 2 tablespoons fresh lemon juice
- 1 teaspoon honey
- ½ cup olive oil

- 6 cups chicken broth
- 1 pound orzo (or riso)

- 2 cups red and yellow teardrop or grape tomatoes, halved
- 1 7-ounce package feta cheese, cut into ½-inch cubes (about 1½ cups)
- 1 cup chopped fresh basil
- 1 cup chopped green onions
- ½ cup pine nuts, toasted

Whisk vinegar, lemon juice, and honey in small bowl. Gradually whisk in oil. Season vinaigrette with salt and pepper. *(Can be made 2 days ahead. Cover and chill.)*

Bring broth to boil in heavy large saucepan. Stir in orzo, reduce heat to medium, and cover partially; boil until tender but still firm to bite, stirring occasionally. Drain. Transfer to large wide bowl, tossing frequently until cool.

Mix tomatoes, feta, basil, and green onions into orzo. Add vinaigrette; toss to coat. Season with salt and pepper. *(Can be made 2 hours ahead. Let stand at room temperature.)* Add pine nuts; toss. Serve at room temperature.