



# ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Harvest Stew with a Touch of Moroccan Flavor

The large majority of registered dietitians and other licensed health professionals advise Americans the best way to promote optimal health is to build a healthy eating pattern that can be maintained long-term. Restrictive eating patterns or fad diets being promoted by untrained professionals may result in the desired weight loss and or gains in muscle mass; however, if these diets can't be maintained, oftentimes people return to their old eating habits. More often than not, once old habits return, so does the lost weight along with an increase in body fat. When this happens, many will again go on a restrictive diet. Experts agree, this cycle is truly not the best habit for optimal health and may even result in causing poor health.

Another concerning diet trend is aiming for "perfect eating" or eating only "clean foods". Placing a value on your worth if you eat perfectly, or demonizing foods as good or bad or "clean" vs. "unclean," can lead to an unhealthy relationship with food.

Building a healthy eating pattern means more than eating optimally to nourish one's body. A healthy eating pattern should also nourish your mind and spirit. This means that the very act of eating any food shouldn't cause negative feelings, and the eating pattern doesn't cause an extreme burden and stress. The fact is, a healthy eating pattern doesn't mean eating perfectly all the time. It's about adopting overall healthy habits that are easy to maintain and can be done most of the time. If you can't maintain a diet, the benefits to your health are short lived. It is better to aim for the cumulative lifelong benefits of an eating pattern that is "healthy" rather than short lived "perfection." To get you started on adopting a maintainable eating pattern for the long haul, aim to practice these suggestions most of the time:

- Fill ½ your plate with fruits and vegetables. ¼ lean protein, ¼ grains (with most choices being whole grains)
- Cook and prepare most of your meals at home and eat mindfully (limit distractions and make it a point to enjoy meals and snacks). Aim to sit at the dinner table with the TV off and don't eat at your desk while working.
- When eating out, practice portion control and know that it is okay to only eat half and take home or share the rest.
- Consume indulgences mindfully and limit the amount to just one serving.
- Water is best. Don't drink your calories. Limit sugar sweetened beverages, choose non-fat dairy products.
- Most of the time, select products that are made up of mostly ingredients that you know. Aim for products with the fewest ingredients.
- Keep fresh vegetables and fruit at-the-ready and visible for a quick, nutritious and low-calorie snack.

*Add this meal to your healthy eating pattern. It can even be prepped on Sunday and used for your office lunches, Try it for dinner, and your family will ask you to make it again.*

#### Ingredients: 4 Servings

- 2 tbsp. olive oil
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- Dash of salt
- 1 to 1½ tsp. ground cumin
- 1 tsp. cinnamon
- 12 oz. boneless skinless chicken thighs, cut into large chunks
- ¾ pound butternut or acorn squash, peeled and cut into large chunks
- ¾ pound potatoes, peeled and cut into large chunks
- 12-14 oz. low-sodium chicken or vegetable broth
- 14-15 oz. chick peas, drained and rinsed
- 1 14 oz. can petite diced tomatoes, with juices
- 1½ cups couscous
- 1 tbsp. butter
- 2 cups water
- Dash of salt and pepper
- ½ cup green olives, sliced
- ½ cup fresh cilantro, chopped
- 2 oz. plain Greek yogurt
- 2 oz. slivered almonds (optional)

#### Directions:

1. In a large sauce pan, heat the olive oil over medium-high heat. Once heated, add the cumin, cinnamon, garlic cloves, and salt. Turn heat to medium and cook, stirring occasionally, until the onions are translucent (around 4-5 minutes).
2. Add squash, potatoes, and chicken. Stir to coat with the spices and onions. Turn heat back up to medium-high heat and cook for about 3 minutes.
3. Add broth, chickpeas, and tomatoes. Bring mixture to a boil then reduce medium to medium-low. Cover and simmer until squash and potatoes are fork tender and the chicken is no longer pink (about 15 minutes).
4. While the stew is cooking, bring the water to a violent boil in a large sauce pan. Add the couscous, salt, and pepper. Stir, cover, and remove from the heat. Let it stand for 5 to 7 minutes. Stir to fluff it up.
5. Serve each plate with ¼ of the couscous, topped with ¼ of the stew and garnish with ¼ of the cilantro, yogurt, and almonds (optional).

#### Tips:

- Make a little extra couscous and freeze it to have it at the ready. It can be quickly thawed in the microwave and used for a warm cereal in the morning by adding a few nuts and fresh fruit.
- For a little sweetness, add ¼ cup of golden raisins to couscous when it is removed from the heat
- Consider garnishing with a little lemon zest
- The butter is just for flavoring and can be omitted to decrease the calories and saturated fat in the dish.
- To make the dish vegetarian, omit the chicken. It is still really tasty.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](https://www.commissaries.com/recipes-healthy-living/healthy-living/healthy-eats) [COMMISSARIES.COM/RECIPES-HEALTHY-LIVING/HEALTHY-LIVING/HEALTHY-EATS](https://www.commissaries.com/recipes-healthy-living/healthy-living/healthy-eats)