

## Diet

Morocco produces nearly all of the foods the people need, hence the diet is highly varied and healthy. Moroccan staples are couscous, lamb, chick peas, peppers, poultry, figs, dates, olives, nuts, and oranges. Moroccan cuisine includes a lot of herbs and spices, such as coriander (or cilantro), cinnamon, ginger, cumin, and red pepper. Mint tea is the popular drink.

## Healthy recipe

### Moroccan couscous salad (serves 6-8)

#### *Ingredients*

¼ cup olive oil  
1 ¼ tsp. Ras El Hanout seasoning\*  
1 ½-2 cups couscous  
2 1.2 cups water  
1 vegetable Maggi cube  
¼ cup orange juice  
1 ½ tbsp. brown sugar  
Salt, to taste  
1 15-oz. can chick peas  
1 8-oz. can mandarin oranges  
Small red onion, peeled and chopped  
1 red bell pepper, cored and chopped  
¼ cup golden raisins  
3 tbsp. fresh cilantro (leaves only)  
2 tbsp. chopped peanuts or slivered almonds

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- If seasoning is not available, combine ¼ tsp. ea. of coriander, turmeric, cardamom, cloves, and cinnamon.

#### *Directions*

1. Heat 1 tbsp. of the oil in medium saucepan. Add spice and dry couscous. Stir until fragrant, about 2 minutes, being careful not to burn.
2. Add water and Maggi cube and bring to a boil. Reduce heat, cover and simmer 5 minutes or until all liquid is absorbed. Remove from heat and let stand about 5 minutes.
3. Transfer to serving bowl and fluff with a fork.
4. In a small bowl combine remainder of oil, plus orange juice, sugar, and salt to taste.
5. Add chick peas, oranges, onion, pepper, and raisins. Combine well. Add cilantro and nuts.
6. Serve chilled or at room temperature. This is a full meal in itself. Serve with mint tea.

