



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal

Lamb Tagine with Apricots
Basmati Rice
Green Salad with Parsley and Yogurt Dressing

Lamb Tagine with Apricots *(Makes 4 servings)*

Tagines are Moroccan stews cooked in a special earthenware dish called a tagine. You don't need to have this special cookware, though - you can use a Dutch oven instead. This lovely North African dish gets even better the next day!

1½ lb. lamb stew meat OR shoulder chops <i>*see Note</i>	2 T. honey
1 large onion, chopped	1 tsp. cinnamon
1 c. low-sodium beef stock OR homemade beef or chicken stock	1 tsp. turmeric
1½ tsp. salt (less if you're using commercial stock)	¼ tsp. black pepper
	1 c. dried apricots, chopped <i>*see Note</i>
	¼ c. slivered almonds, toasted <i>*see Note</i>

1. Preheat oven to 425°F. Lightly oil a Dutch oven. Heat over medium heat and add lamb. Cook until lamb is browned on all sides.
2. Add onion and continue cooking for another 2 minutes.
3. Add stock, salt, honey and spices. Stir well, cover, and transfer to oven. Cook for 45 minutes.
4. Add apricots to the tagine. Continue cooking another 15 minutes.
5. Serve over basmati and garnish with slivered almonds.

Note: Lamb shoulder chops are much less expensive than stew meat. You can cut the meat off the bone before cooking or after.

Note: Unsulphured dried apricots are softer and have a better flavor than their sulphured counterparts, but they are brown instead of orange.

Note: To toast slivered almonds, place them in an ungreased pan and heat over medium heat. Cook, stirring, for 2-3 minutes, until brown and toasty smelling.

SHOPPING LIST

Produce

1 large onion
1 head romaine OR other lettuce
1 bunch parsley
1 lemon, IF using fresh juice
OPTION FOR SALAD DRESSING: garlic

Bulk / Grocery

low-sodium beef stock, IF not using homemade
honey
dried apricots
slivered almonds
1 c. brown basmati rice
olive oil
bottled lemon juice, IF using bottled juice

Meat/Seafood

1½ lb. lamb stew meat OR shoulder chops

Dairy

plain yogurt

Herbs / Spices

cinnamon
turmeric
black pepper