



Stewed Moroccan Chicken

Work: 25 min **Total:** 6 hr 25 min

Couscous soaks up the sweet and spicy broth of this traditional North African dish.

- 12 oz boneless skinless chicken breast, cut into 1-inch pieces
- 1³/₄ tsp kosher salt
- 1 large yellow onion, halved and cut into 1/4-inch slices
- 2 garlic cloves, minced
- 1¹/₂ cups carrots, cut into 1/2-inch dice
- 2 tsp turmeric
- 1 tsp cumin
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/2 cup dry lentils
- 2 cups low-sodium chicken broth
- 1 14.5-oz can diced tomatoes, drained
- 1/2 head cauliflower, cut into florets
- 1/3 cup currants or raisins
- 1 tsp each lemon zest and juice
- 1 cup dry couscous
- Sliced almonds

1. In a 4- to 6-quart slow cooker, Dutch oven or pot, toss chicken with salt. Add onions, garlic, carrots, spices and lentils. Pour in broth and 1 cup water, cover and cook until lentils are just tender, 5 hr on low or 2 1/2 hr on high for slow cooker or 1 1/2 hr at a simmer on the stove.

2. Add tomatoes, cauliflower, currants, lemon zest and juice and cook until cauliflower is tender, 1 hr on high for slow cooker or about 45 min at a simmer on the stove.

3. Prepare couscous according to package directions. Serve stew over couscous and sprinkle with almonds.

SERVES 6

Per serving: 335 calories, 3 g total fat, 0.5 g sat fat, 800 mg sodium, 53 g carbs, 33 mg chol, 26 g protein, 11 g fiber

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