

Moroccan Chicken Recipe

Moroccan Chicken Recipe

Prep: 20 min. Cook: 6 hours

Yield: 4 Servings

Ingredients

- 4 medium carrots, sliced
- 2 large onions, halved and sliced
- 1 broiler/fryer chicken (3 to 4 pounds), cut up, skin removed
- 1/2 cup chopped dried cranraisins
- 1/2 cup raisins
- 2 tablespoons all-purpose flour
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1/4 cup tomato paste
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- 1-1/2 teaspoons ground ginger
- 1-1/2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 3/4 teaspoon pepper
- Hot cooked couscous

Directions

Place carrots and onions in a greased 5-qt. slow cooker. Sprinkle chicken with salt; add to slow cooker. Top with apricots and raisins. In a small bowl, combine flour and broth until smooth; whisk in the tomato paste, lemon juice, garlic, ginger, cumin, cinnamon and pepper. Pour over chicken.

Cover and cook on low for 6 to 7 hours or until chicken is tender. Serve with couscous. **Yield:** 4 servings.

Nutritional Facts

1 serving (calculated without couscous) equals 435 calories, 9 g fat (3 g saturated fat), 110 mg cholesterol, 755 mg sodium, 47 g carbohydrate, 6 g fiber, 42 g protein.