

MOROCCAN CHICKEN

INGREDIENTS

- Non-stick cooking spray
- 2 T** Honey
- 1/4 C** Olive oil
- 2 t** Cumin (ground)
- 2 t** Turmeric (ground)
- 1/2 t** Cinnamon (ground)
- 4 cloves** Garlic (chopped)
- 1** Chicken (3½ lbs) (cut into 8 pieces)
- 2** Onions (red) (medium) (quartered)
- 1 lb** Potatoes (small) (red-skin) (scrubbed) (halved)
- 1 C** Apricots (dried)
- 1/2 C** Raisins (golden)
- 1/2 C** Pistachios (coarsely chopped)
- 2 T** Cilantro (fresh) (chopped)



DIRECTIONS

- 1 Pre-heat the oven to 350 F
- 2 Line a baking sheet with aluminum foil sprayed with non-stick cooking spray
- 3 Mix together the honey, olive oil, cumin, turmeric, cinnamon & garlic in a small bowl
- 4 Place the chicken, onions & potatoes in a large bowl
- 5 Toss with three-quarters of the honey mix & arrange in a single layer on the prepared pan
- 6 Toss the apricots & raisins with the remaining honey mix & set aside
- 7 Bake the chicken, onions & potatoes for 35 minutes
- 8 Add the apricots & raisins & bake until the chicken is cooked through (15-20 minutes)
- 9 Garnish with the pistachios & cilantro

NOTES

- 1 Serves 4
- 2 If you want to use a slow cooker:
 - A. Use 4 chicken leg quarters (thigh with leg attached) &
 - B. Toss all the ingredients except pistachios & cilantro in the slow cooker with 3 C chicken broth
 - C. Cook on low for 6 hours
 - D. Serve over whole wheat couscous & garnish with the pistachios & cilantro