

Moroccan Chicken

Makes 4 servings



1 lemon
2 t canola oil
1/2 medium onion, thinly sliced
2 t minced garlic
2 t paprika
1 t cumin
1/2 t ginger powder

1/2 t ground cinnamon
1/2 cup chicken broth
1/2 cup water
2 - 8 oz. chicken breast, boneless, skinless
3/4 cup garbanzo beans
1/4 cup minced green olives

Slice lemon in half, squeeze juice into a small bowl and set both lemons and juice aside. Heat the canola oil in a large nonstick skillet over medium high heat. Add chopped onions sauté covered on medium-high heat for 2-3 minutes. Add garlic, paprika, cumin, ginger powder, and cinnamon and sauté for additional minute. Add broth and water, cover, and bring to a boil. Meanwhile cut the chicken breast into two equal pieces. Add chicken and garbanzo beans, reduce to a simmer, and cover. Cook chicken for 15 minutes, turn meat, and cook for an additional 10 minutes. Ensure chicken has reached an internal temperature of 165°F then remove and set aside. Add the reserved lemon juice and olives and boil uncovered for an additional 5 minutes. Serve over veggie couscous topped with pan sauce.

Nutrition Information per serving (2 muffins): 290 calories, 9g fat (6g saturated fat), 38g protein, 400mg sodium. Good source of vitamin A, vitamin C and Iron.

Recipe adapted from Bon Appetite magazine. Photograph by Lisa Hubbard. <http://www.bonappetit.com/recipe/moroccan-chicken-with-green-olives-and-lemon>. Internet. Accessed October 8th, 2013.

