

Moroccan Chicken Stew with Couscous

Prep: 25 minutes Cook: 50 minutes • Serves: 4

- 2 tablespoons olive oil
- 1¹/₄ pounds boneless, skinless chicken breasts, cut into 1¹/₂-inch pieces
- 3 large yellow onions, thinly sliced
- 2 cups water
- 1 teaspoon granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon turmeric powder
- 4 medium carrots, cut into 1-inch pieces
- 1 large sweet potato, peeled and cut into 1½-inch pieces
- 1 (15 oz.) can chickpeas, drained
- 1 small zucchini, cut into 1-inch pieces
- 1/2 cup raisins
- 1 tablespoon fresh lemon juice
- 1¹/₄ cups dry couscous
- 1¹/₂ teaspoons dried parsley
- ³⁄₄ teaspoon salt
- 1/8 teaspoon ground black pepper

1. In stockpot, heat 1 tablespoon oil over medium-high heat; add chicken and cook to brown all sides; remove chicken. Reduce heat to medium; add remaining 1 tablespoon oil and onions, and cook 10 minutes or until soft, stirring occasionally. Add water, sugar, cinnamon, ginger and turmeric; heat to simmering over medium heat. Add carrots and potato; cover and cook 20 minutes.

2. Add chickpeas, zucchini, raisins, lemon juice and chicken; cover and cook 10 minutes or until chicken is no longer pink and vegetables are tender. Meanwhile, prepare couscous as label directs.

3. To serve, stir parsley, salt and pepper into stew, and serve over couscous.

Approximate nutritional values per serving: 685 Calories, 10g Fat (2g Saturated), 72mg Cholesterol, 959mg Sodium, 107g Carbohydrates, 14g Fiber, 40g Protein