

Moroccan Chicken Tagine with Apricots & Olives

Yum!

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★★★★★

2020, chicken, thighs, Eating Well, Moroccan, Velik Favorites

Prep Time: 30 mins Cook Time: 40 mins Difficulty: Easy

Servings: 6 Source: eatingwell.com

INGREDIENTS

2 tablespoons extra-virgin olive oil, divided

1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces

$\frac{1}{2}$ teaspoon salt, divided

1 large onion, chopped

1 lemon, zested and juiced, divided

1 tablespoon minced garlic

1 tablespoon grated fresh ginger

1 tablespoon tomato paste

2 teaspoons ras el hanout

2 cups unsalted chicken broth

1 (15 ounce) can no-salt-added chickpeas, rinsed

$\frac{1}{2}$ cup chopped dried apricots

$\frac{1}{2}$ cup pitted green olives, halved

$\frac{1}{2}$ cup toasted slivered almonds, divided

Fresh cilantro for garnish

DESCRIPTION

This healthy chicken stew is full of warming, spicy flavor thanks to ras el hanout, an aromatic Moroccan spice blend. You can find it in well-stocked grocery stores—or substitute $\frac{1}{2}$ tsp. each ground cumin and ginger and $\frac{1}{4}$ tsp. each ground cinnamon, coriander and allspice.

DIRECTIONS

Heat 1 tablespoon oil in a large pot over medium-high heat. Add chicken and season with 1/4 teaspoon salt. Cook, stirring occasionally, until lightly browned on all sides, about 5 minutes. Using a slotted spoon, transfer the chicken to a clean plate.

Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally and scraping up any browned bits, until the onion is soft and lightly browned, about 4 minutes. Stir in lemon zest, garlic, ginger, tomato paste and ras el hanout. Cook, stirring, until fragrant, about 30 seconds. Stir in broth, chickpeas, apricots, olives, 1/4 cup almonds and the chicken. Bring to a simmer and cook, stirring occasionally, until the chicken is cooked through and the sauce has thickened slightly, about 8 minutes.

Remove from heat and stir in lemon juice and the remaining 1/4 teaspoon salt. Serve topped with the remaining 1/4 cup almonds and cilantro, if desired.

NOTES

WW SmartPoints = 9 green, 6 blue, 6 purple,

NUTRITION

344 calories; 16.8 g total fat; 2.7 g saturated fat; 50 mg cholesterol; 473 mg sodium. 579 mg potassium; 26.9 g carbohydrates; 5.9 g fiber; 11 g sugar; 21.5 g protein; 627 IU vitamin a iu; 8 mg vitamin c; 17 mcg folate; 89 mg calcium; 3 mg iron; 67 mg magnesium