

Chicken

Moroccan Chicken, Apricot & Almond Casserole

Casserole Recipes

Servings: 4

Large pearl couscous, which is the size of barley, is available in many supermarkets. If it is not available, substitute regular small-grain couscous.

1 pound Ground chicken (turkey or lamb may also be used)
3/4 teaspoon salt, divided
1/4 teaspoon ground cinnamon
1/4 teaspoon black pepper
1 tablespoon olive oil
1 small onion, chopped
1 cup sliced, dried apricots
1 can (28 oz) diced tomatoes
1/2 teaspoon red pepper flakes
1/2 teaspoon ground ginger
1 can (10 1/2 Oz) condensed chicken broth
1/2 cup water
1 cup large pearl couscous
1/4 cup sliced almonds, toasted

Preheat oven to 325 degrees.

Combine chicken, 1/2 teaspoon salt, cinnamon and black pepper in medium bowl. Shape into 1-inch balls. Heat oil in large skillet. Add meatballs; brown on all sides. Remove to plate.

Add onions and apricots to skillet. Cook five minutes over medium heat or until onion is tender. Stir in tomatoes, remaining 1/4 teaspoon salt, red paper flakes and ginger. Simmer five minutes.

Meanwhile, bring chicken broth and water to a boil in small saucepan. Stir in large pearl couscous. Reduce heat. Cover; simmer ten minutes or until couscous is tender and almost all liquid has been absorbed. Drain if necessary.

Spoon couscous into greased 11x7-inch casserole dish. Top with meatballs; spoon tomato mixture over meatballs.

Bake twenty minutes or until chicken is cooked through. Sprinkle with almonds.

Per Serving (excluding unknown items): 118 Calories; 9g Fat (64.8% calories from fat); 5g Protein; 6g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 799mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.