

Moroccan Chicken with Couscous

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Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 8 hours 20 minutes

Cook time: 8 hours

1 bag (12 oz) frozen butternut squash cubes
2 tomatoes, chopped
1 onion, chopped
2 teaspoons garlic, minced
1 can (15 oz) chickpeas, drained and rinsed
1 cup chicken broth
1/2 cup raisins
2 teaspoons coriander
1 teaspoon cumin
1 teaspoon cinnamon
3/4 teaspoon salt
1/4 teaspoon cayenne
3 pounds bone-in skinless chicken thighs
1 box (10 oz) couscous
1/2 cup pitted black olives, halved

In a large slow cooker, combine the squash, tomatoes, onion, garlic, chickpeas, broth and raisins.

In a small bowl, stir together the coriander, cumin, cinnamon, salt and cayenne. Rub the spice mixture into the chicken.

Arrange the chicken in a single layer atop the vegetables in the slow cooker.

Cover and cook for 4 hours on HIGH or 8 hours on LOW.

Prepare the couscous according to package directions. Fluff with a fork.

Stir the olives into the slow cooker.

Serve the chicken and vegetables with the couscous.

Per Serving (excluding unknown items): 305 Calories; 4g Fat (11.3% calories from fat); 12g Protein; 57g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 509mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Fat.