



## Moroccan Chicken Stew with Couscous

**Prep: 25 minutes**

**Cook: 50 minutes • Serves: 4**

- 2 tablespoons olive oil
- 1¼ pounds boneless, skinless chicken breasts, cut into 1½-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
- ½ cup raisins
- 1 tablespoon fresh lemon juice
- 1¼ cups dry couscous
- 1½ teaspoons dried parsley
- ¾ teaspoon salt
- ⅛ 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*