



## Moroccan Chicken Stew with Couscous

**Prep: 25 minutes**

**Cook: 50 minutes • Serves: 6**

- 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 can (15 ounces) reduced sodium garbanzo beans, drained and rinsed
- 1 small zucchini, cut into 1-inch pieces
- ½ cup raisins
- 1 tablespoon fresh lemon juice
- 1¼ cups dry couscous
- 1½ teaspoons chopped fresh oregano
- ¾ teaspoon salt
- ⅛ teaspoon ground black pepper

**1.** In large saucepot, heat 1 tablespoon oil over medium-high heat; add chicken and cook 3 minutes or until browned, stirring frequently. Remove chicken; reduce heat to medium. Add remaining 1 tablespoon oil and onions; cook 10 minutes or until soft, stirring occasionally. Add water, sugar, cinnamon, ginger and turmeric; heat to a simmer. Add carrots and potato; cover and cook 20 minutes.

**2.** Add garbanzo beans, zucchini, raisins, lemon juice and chicken; cover and cook 10 minutes or until chicken is no longer pink and vegetables are tender.

**3.** Prepare couscous as label directs.

**4.** Stir in oregano, salt and pepper. Serve stew over couscous.

*Approximate nutritional values per serving:*

*452 Calories, 8g Fat (1g Saturated), 56mg Cholesterol,  
469mg Sodium, 65g Carbohydrates, 9g Fiber, 16g Sugars,  
1g Added Sugars, 32g Protein*

### Dietitian's Dish

> Show your heart some love with the anti-inflammatory properties of cinnamon, ginger and turmeric.