

Chicken Tagine over Whole-Wheat Couscous

Makes 6 servings

Ingredients

- 1 3-inch cinnamon stick
- 1 teaspoon cumin seed
- ¼ teaspoon peppercorns
- 2 boneless, skinless chicken breasts, trimmed and cut into ¾-inch sections
- 4 boneless, skinless chicken thighs, trimmed and cut into ¾-inch sections
- 4 tablespoons olive oil
- 1 large red onion, halved, then sliced ¼-inch thick
- 2 large carrots, large dice
- 1 small eggplant, large dice
- 4 garlic cloves, finely chopped
- 5 sprigs fresh flat-leaf parsley
- ½ cup fresh cilantro, chopped
- 2 bay leaves
- 10 Castelvetrano olives, pitted and halved
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ⅛ teaspoon smoked paprika
- ½ lemon, sliced
- 1 cup water
- 1 tablespoon grated fresh ginger
- ½ cup dried apricots, separated into halves
- 3 cups whole-wheat couscous
- 1 tablespoon olive oil

Preparation

1. In a skillet, toast the cinnamon stick, cumin seed, and peppercorns until fragrant. Cool and grind in a spice grinder or with a mortar and pestle.
2. Pat chicken dry and rub with about half of the spice mixture.
3. Heat olive oil over medium heat in large skillet (do not allow to smoke). Brown chicken on both sides. Using a slotted spoon, transfer chicken to a plate; set aside.
4. In the same pan, sauté onion and carrots for 4 minutes. Add eggplant and garlic, and sauté for another 3 to 4 minutes.

Nutrition Facts	
Amount Per Serving	
Calories 621	
Total Fat 19 g	
Saturated Fat 3 g	
Monounsaturated Fat 11 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 72 mg	
Sodium 379 mg	
Potassium 721 mg	
Total Carbohydrate 80 g	
Dietary Fiber 19 g	
Sugars 13 g	
Added Sugars 0 g	
Protein 32 g	
Vitamin A	94%
Vitamin C	17%
Calcium	4%
Iron	17%

5. Place the chicken and vegetable mixture in a stock pot (or tagine) and add the parsley, cilantro, bay leaves, olives, salt, paprika, smoked paprika, and remaining spice mixture (reserve a small amount of parsley to use as garnish). Cover with lemon slices and add the water.
6. Cover the pot and cook over medium heat for 20 minutes. Add apricots and cook for an additional 10 minutes.
7. While the tagine is cooking, prepare the couscous according to manufacturer instructions, using olive oil instead of butter.
8. Once the tagine is done cooking, remove the bay leaves and lemon slices. Serve the chicken tagine over the couscous.
9. Chop a small amount of the reserved parsley and sprinkle on top to garnish.
10. Enjoy!

Notes:

- Castelvetro olives are a bright green Italian olive – look for them jarred (such as from Mezzetta brand) or in the olive bar of well-stocked supermarkets.
- Tagine is a North African dish which is named after the earthenware pot in which it is cooked. Moroccan and Algerian tagine dishes are slow-cooked savory stews, typically made with sliced meat, poultry, or fish together with vegetables or fruit. The traditional tagine pottery consists of two parts: a circular base unit that is flat with low sides and a large cone- or dome-shaped cover that sits on the base during cooking.

