

Chicken & Rice, Moroccan Style

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: Slow Cooker, 7 hours
or a Dutch Oven for 2-1/2 to 3 hours

Serves: 4 – 6 servings

CChints: Golden raisins are a golden-amber color with a sweet fruity flavor and they can be found in your market next to the boxes of brown raisins.



2 large onions, halved and sliced thin
4 carrots, peeled and sliced
1 stalk celery, diced
3 pounds skinless chicken parts, breasts, thighs, legs
1/2 teaspoon salt
1/2 cup golden raisins
1/2 cup dried apricots, diced
14 ounce can fat free, low sodium chicken broth
1/4 cup tomato paste
2 tablespoons wheat or white flour
2 tablespoons lemon juice
2 cloves minced garlic, fresh or from a jar
1-1/2 teaspoons cumin
1-1/2 teaspoons ginger
1 teaspoon ground cinnamon
1/2 cup toasted pine nuts
4 servings of brown rice
Side dish, your favorite green vegetable or side salad

Slow Cooker method: Assemble in a slow cooker and cook over low heat for 7 hours

Oven method: Assemble in a 6 qt. Dutch Oven and bake at 300 degrees F. for 3 hours.

Add onions, carrots and celery to your pot. Rinse the chicken pieces and cut off any excess fat and add them to the pot. Sprinkle the chicken with salt, add the raisins and apricots. In a bowl, whisk together the broth through cinnamon and pour that over the chicken. Cover and cook by using the slow cooker or oven method above. Wash any and all areas that the raw chicken came in contact with including yourself.

Before serving, cook the rice according to the package directions. While the rice is cooking toast the pine nuts and prepare your side dish. Toast the pine nuts by adding them to a small nonstick skillet over medium high heat for 2-3 minutes or until they just begin to toast. Remove them from the hot pan.

To serve, divide the rice among the 4 plates. Gently remove pieces of chicken from the cooker with tongs and place them over the rice. Discard the bones. Spoon the sauce mixture over the that and sprinkle with the pine nuts.