

Moroccan Chicken with Olives

Courtesy of Carole's Creations

Pre-Prep Time: 30 minutes

Prep time: 30 minutes

Cooking time: 30 minutes

Serves: 6 servings (2 thighs each)

CChints: Even though the recipe calls for boneless, skinless chicken thighs, you may still want to remove excess skin/fat that remains.

You may substitute Panko crumbs for the flour to give the chicken a little more textured look. Panko crumbs can be found in the Asian section of your market.



2 Tablespoons fresh lemon juice

12 skinless, boneless chicken thighs

1/2 cup all-purpose flour or Panko crumbs

1/2 teaspoon smoked paprika

1/4 teaspoon ground turmeric

1/4 teaspoon black pepper

1/2 teaspoon salt

1/8 tsp ground red pepper

2 - 3 tsp olive oil

2 cups onions, chopped (2 medium size)

2 cloves garlic, minced, fresh or from a jar

1-1/2 tsp minced ginger, fresh or from a jar

14 oz. can fat-free, reduced fat chicken broth

1/4 cup pitted green olives, chopped

1/4 cup seeded kalamata olives, chopped

2 teaspoon lemon zest

1 cinnamon stick, 3" long

2 Tablespoon fresh chopped cilantro

Serve over couscous or brown rice

Remove chicken from the packaging and remove any excess fat. Place the chicken in a large sealing bag. Press down lightly on the lemon and roll it on our counter to help the start the juices flowing before you cut it in half. The amount of juice you get from your lemon depends on its size. This will determine if you need the entire lemon or only half. Save to rind because you will need the zest from that lemon later in this recipe. Pour lemon juice in the bag with the chicken and marinade in the refrigerator for 30 minutes. Use the 30 minutes to clean any areas of your kitchen that the chicken touched and get the rest of the recipe ready to use.

Combine the flour or Panko crumbs down through the red pepper together in a plate. Remove the chicken and dry with paper towels. Over medium heat, add 2 teaspoons olive oil to a large nonstick skillet, about 11" with sides about 2" deep that has a lid. Dredge about half the chicken, one at a time, in the flour mixture and then place in the heated skillet. Cook 3 minutes on each side to get a golden brown color. You only want to brown the chicken, not cook it until done. It will continue to cook later in the recipe. Take out of the pan and save to the side on a plate. Add the remaining 1 teaspoon of olive oil and cook the rest of the pieces in the same way. Remove from the pan and add to the plate that has been set to the side.

Add the onions, garlic and ginger to the pan and sauté about 5 minutes. Return the chicken to the pan and add the broth and everything down through the cinnamon stick. Bring to a boil. Cover and reduce the heat to a simmer for 30 minutes or until the chicken is done. During this time, prepare 6 servings of couscous or rice.

At the end of the 30 minutes, throw away the cinnamon stick and stir in the cilantro. Serve chicken over couscous or rice and pour about 1/3 cup sauce over both.

Without couscous/rice, calories 245, fat 9, protein 28.5g, carbs 10g, fiber .09g, chol 115mg, iron 1.8mg, sodium 615 mg, calc 27mg