

The special blend of spices in this dish tastes wonderful. The tender chicken and delicious sauce go together quickly. Serve it with Moroccan Orange Salad and couscous for the non-SCDers.



Serves 3-4

Moroccan Chicken with Dried Fruit

3 boneless, skinless chicken breasts
1 Tbs. olive oil
1 c. chopped onion
2-1/2 tsp. Moroccan spice mix (see recipe below)
2-1/2 tsp. minced or crushed garlic
1-1/2 c. homemade chicken broth*
1/3 c. sliced whole pitted dates
1/3 c. sliced whole pitted prunes *OR*
SCD legal dried apricots
2 tsp. (1-inch) julienne-cut lemon rind
1/2 tsp. salt
3 Tbs. dried parsley
1/3 c. lemon sections, peeled and chopped
2 Tbs. chopped fresh cilantro
Hot cooked couscous for non-SCDers

*Whenever you cook a chicken, freeze the cooking liquid for soups and recipes such as this one.

1. Cut each chicken breast into 3 or 4 hunks. Heat oil in a dutch oven over med-high heat. Add chicken, cooking and stirring occasionally for 5-6 minutes, until beginning to brown.
2. Add onion, Moroccan spice and garlic; cook 4 minutes stirring occasionally. Add broth, dates, prunes *or* apricots, rind and salt. Stir to loosen browned bits. Bring to a boil; cover, reduce heat and simmer 10-12 minutes or until chicken is no longer pink when slashed at the thickest part.
3. Remove from heat; stir in parsley, cilantro and lemon.

Moroccan Spice Mixture

In a jar combine:

4 tsp. ground cinnamon
4 tsp. ground ginger
2 tsp. ground turmeric
4 tsp. ground sweet paprika
2 tsp. ground pepper

Use as directed in various recipes.