

Moroccan Stewed Chicken

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1 tablespoon olive oil
½ red onion, diced
1 clove garlic
6 boneless, skinless chicken thighs
Dash of Salt and pepper
1 large zucchini, cut into cubes
½ can (16-oz) garbanzo beans, drained
2 medium tomatoes, diced
1 cup low sodium chicken broth
½ tsp cayenne pepper
1 tsp ground cumin
½ tsp ground cinnamon
Chopped fresh cilantro for garnish

Directions

Heat the oil in a large sauté pan over medium high heat.
Add the onions and sauté until soft. Add the garlic.
Season the chicken thighs with salt and pepper. Brown each side for approximately 3 minutes.
Add the zucchini and continue cooking, stirring occasionally until the zucchini is lightly browned.
Add the garbanzo beans, tomatoes, low sodium chicken broth, cayenne, cumin and cinnamon.
Adjust heat to low, cover and simmer about 15 minutes, until the chicken is tender and cooked through.
Garnish with chopped cilantro.

Exchanges per serving:

2 Lean Meats, 1 Starch

Nutrients per serving:

Calories: 181
Calories from fat: 53
Total Fat: 6g
Cholesterol: 57mg
Sodium: 209mg
Total Carbohydrate: 15g
Dietary Fiber: 5g
Protein: 18g