

Moroccan Chicken

2 teaspoons cinnamon
2 teaspoons cumin
2 teaspoons coriander
¼ teaspoon cayenne pepper (optional)
¼ teaspoon salt
3 boneless skinless chicken breasts cut into bite-sized pieces*
2 to 4 tablespoon olive oil
1 medium yellow onion, chopped
1 teaspoon grated ginger root (or ¼ teaspoon ground ginger)
3 garlic cloves, crushed
1 cup fat-free, low-sodium chicken broth
2 cups chopped tomatoes (canned or fresh)
2 cups canned chickpeas, rinsed
¾ cup kalamata pitted olives, halved
½ cup raisins
2 tablespoon honey
1 bay leaf
1 tablespoon lemon juice

In a shallow bowl, combine cinnamon, cumin, coriander and salt (plus cayenne pepper). Dredge the chicken in the spice mixture.

In a large skillet (or Dutch oven), heat oil over medium heat. Add chicken, sauté until browned, turning once. Remove chicken from the pan.

Add more oil if needed. Add onion to skillet; sauté 3 minutes. Add garlic, ginger and broth; sauté 5 minutes.

Add all the remaining ingredients and the chicken. Cover and simmer 30 minutes.

Serve over rice or in bowls with pita bread. Serves 4.

*For less spatter in the kitchen, grill the chicken breasts whole outdoors and then cut them into bite-sized pieces. Sprinkle half the spice mix on the chicken pieces and the other half on the onion while they are cooking.