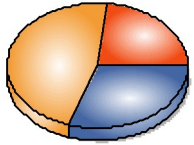




Moroccan Chicken-Fig Slow Cooker Tagine

Recipe grams: 2115.32g/74.6oz

Serves 4 528.83g/18.7oz per serving



Protein: 30%
Carbohydrates: 46%
Fat: 23%

INGREDIENTS

2 tbsp OLIVE OIL, CALIFORNIA, EXTRA VIRGIN
4 breast CHICKEN BREAST, BONELESS, 'Always Tender'
2 tsp CUMIN SEED, whole seeds
2 tsp CILANTRO SEED
1/2 tsp TURMERIC, GROUND
1/2 tsp GINGER, GROUND
1/2 tsp PEPPER, BLACK, GROUND
1/2 tsp SALT, TABLE
1/2 tsp PEPPER, RED OR CAYENNE
3 cloves GARLIC, RAW
2 cup SWEET POTATO, RAW, cubed
1 cup ONION, RAW, chopped
12 figs FIGS, CALIFORNIA, DRIED
3 cup CHICKEN BROTH, 99% fat free
1/2 cup ORANGE JUICE, UNSWEETENED, can
1 tsp ORANGE PEEL, RAW
1 tbsp HONEY, natural pure honey

DIRECTIONS

Heat olive oil in a large heavy skillet. Add chicken and saute 2-4 minutes per side until browned. Transfer to slow cooker.

Scatter spices and garlic over chicken. Tuck onion, sweet potato and figs among the chicken pieces.

Heat chicken broth in skillet, scraping browned bits loose. Pour over chicken and vegetables. Add orange juice, zest and honey.

Cover and cook on low for 6-8 hours.

Serve with couscous.

Nutrition Facts	
Serving Size: 1 serving (528.8g)	
Servings: 1	
Amount Per Serving	
Calories 430	Calories from Fat 100
% Daily Value*	
Total Fat 11g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 80mg	25%
Sodium 1820mg	80%
Total Carbohydrate 50g	15%
Dietary Fiber 7g	30%
Sugars 27g	
Protein 32g	
Vitamin A 190%	• Vitamin C 30%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	