

Moroccan Chicken Breasts

Also Known As

from Debbie Spangler

Course	Yield	Type of Food	Main Ingredient
Entrée	4 servings	Meat	Chicken

Comments

This recipe is from my wonderful personal chef buddy, Debbie Spangler. Her company is Yummy-issimo. She adapted this recipe from Bon Appétit. She says, "A lovely combination of flavors with the sweet raisins compensating for the saltiness of the olives."

Prep Time 35 minutes **Cooking Time** 20-30 minutes **Ethnic Origin** Mediterranean

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Pre-Heat? <input type="checkbox"/> Yes		Temperature	Grease Pan? <input type="checkbox"/> Yes	
Measure	Ingredient		Measure	Ingredient
4	chicken breasts, cut into bite-sized pieces		2 Tbs.	all purpose flour
			1 cup	chicken broth
1 tsp.	paprika			
1 tsp.	cumin			
.25 tsp.	cinnamon			
1 large	lemon, juiced			
3 Tbs.	butter			
1 large	onion, cut into .5" cubes			
1 cup	green olives, coarsely chopped			
.5 cup	golden raisins			
1	carrot, peeled and diced			
1	celery stalk, sliced			

Instructions

Mix together paprika, cumin and cinnamon and add enough lemon juice and lemon pulp to measure at least 2T. Sprinkle chicken generously with salt and pepper and add to lemon-paprika mixture. Stir to blend and refrigerate at least 20 minutes.

Melt butter in large skillet over medium-high heat. Add onions, olives, raisins, carrot, parsnip and celery. Sauté until vegetables are almost tender. Add chicken mixture and cook 1 minute. Sprinkle flour over mixture and stir 1 minute. Add chicken broth, bring to boil stirring occasionally. Lower heat and cook until chicken is done and sauce is thickened.

Serve over brown rice.