

# CHICKEN TAGINE WITH ROASTED RED GRAPES

*Yield: 8 portions*

| <b>Ingredients</b>                          | <b>Amounts</b> |
|---------------------------------------------|----------------|
| Cinnamon, ground                            | ½ tsp.         |
| Ginger, ground                              | 1 tsp.         |
| Turmeric                                    | ½ tsp.         |
| Black pepper, freshly ground                | ½ tsp.         |
| Cayenne pepper                              | ¼ tsp.         |
| Kosher salt                                 | 2 tsp.         |
| Extra virgin olive oil                      | 6 Tbsp.        |
| Chicken thighs, boneless, trimmed and cubed | 2 lb.          |
| Red onion, sliced ¼" thick                  | 1 ea.          |
| Garlic cloves, minced                       | 4 ea.          |
| Italian parsley sprigs                      | 4 ea.          |
| Cilantro sprigs                             | 4 ea.          |
| Chicken stock                               | 1 cup          |
| Dried apricots, halved                      | ½ cup          |
| Water                                       | 1 cup          |
| Honey                                       | 2 Tbsp.        |
| Cinnamon stick                              | 1 ea.          |
| Red grapes                                  | 1 lb.          |
| Kosher salt                                 | to taste       |
| Black pepper, freshly ground                | to taste       |
| Saffron Couscous (recipe follows)           |                |
| Almonds, sliced and toasted                 | ½ cup          |

## **Method**

1. *For the tagine:* Combine the cinnamon, ginger, turmeric, black pepper, cayenne pepper and 1 teaspoon of salt in a small bowl with 3 tablespoons olive oil and add the diced chicken thigh. Mix to coat evenly.
2. In a large skillet or tagine, heat 3 tablespoons olive oil over medium heat and brown the chicken pieces until golden, about 6 to 8 minutes. Remove to a bowl along with any juices.
3. Add the sliced red onion and a pinch of salt and cook, uncovered, until soft and lightly colored. Add the garlic and cook for another 3 minutes. Tie the Italian parsley and cilantro together with twine.
4. Add the reserved chicken and juice, the Italian parsley bundle, and ½ cup water, and bring to a simmer. Cook, covered, for another 30 minutes.
5. *For the apricots:* Place the apricots in small saucepan with the water, honey, and cinnamon stick, and bring to a simmer. Cook gently until all the liquid has been absorbed and there is a glaze, about 15 minutes.

6. *For the grapes:* Preheat the oven to 400°F. Toss 1 pound of the red grape bunches with enough extra virgin olive oil to coat, and roast on a baking sheet for 10 minutes; remove, discard the stems, and cool.
7. *To finish the tagine:* After 30 minutes of simmering the chicken, add the apricot mixture and half of the roasted red grapes; stir to combine. Cook for another 5 minutes, remove from the heat, and discard the herb bundle and the cinnamon stick. Season to taste with kosher salt and freshly ground black pepper.
8. Serve warm over couscous and garnish with the remaining roasted red grapes and the toasted almond slices.

**Nutrition Information Per Serving** *(including the couscous)*

|               |       |           |        |        |
|---------------|-------|-----------|--------|--------|
| Calories      | 525   | Protein   | 31 g   |        |
| Total Fat     | 22 g  | Sodium    | 740 mg | 31% DV |
| Saturated Fat | 3 g   | Potassium | 580 mg | 17% DV |
| Trans Fat     | 0 g   | Iron      | 2.9 mg | 16% DV |
| Cholesterol   | 95 mg | Calcium   | 50 mg  | 5% DV  |
| Carbohydrate  | 56 g  | Vitamin A | 580 IU | 12% DV |
| Dietary Fiber | 3 g   | Vitamin C | 10 mg  | 17% DV |

# SAFFRON COUSCOUS

*Yield: 8 1/2 cup portions, or 1 quart*

| <b>Ingredients</b>     | <b>Amounts</b> |
|------------------------|----------------|
| Extra virgin olive oil | 1 Tbsp.        |
| Instant couscous       | 2 cups         |
| Water                  | 2 cups         |
| Salt                   | 1/2 tsp.       |
| Saffron                | 1/4 tsp.       |
| Lemon juice            | to taste       |

## **Method**

1. In a sauté pan, toast the couscous with the olive oil over medium heat until golden brown.
2. While toasting the couscous, bring the water to a boil; add the salt and saffron.
3. Pour the boiling water mixture over the couscous and cover tightly with plastic wrap. Let sit 10 to 15 minutes.
4. Fluff the couscous with a fork. Adjust seasoning with salt and lemon juice and serve.

## **Nutrition Information Per Serving**

|               |      |           |        |       |
|---------------|------|-----------|--------|-------|
| Calories      | 165  | Protein   | 6 g    |       |
| Total Fat     | 2 g  | Sodium    | 125 mg | 5% DV |
| Saturated Fat | 0 g  | Potassium | 3 mg   | 0% DV |
| Trans Fat     | 0 g  | Iron      | 0.7 mg | 4% DV |
| Cholesterol   | 0 mg | Calcium   | 3 mg   | 0% DV |
| Carbohydrate  | 33 g | Vitamin A | 0 IU   | 0% DV |
| Dietary Fiber | 1 g  | Vitamin C | 1 mg   | 0% DV |