



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

MOROCCAN BRAISED CHICKEN WITH CARROTS AND GOLDEN RAISINS

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Serves 6

- 1/2 teaspoon whole cumin seed
- 1/4 teaspoon coriander seed, crushed
- 2 tablespoons vegetable oil
- 6 chicken thighs (about 2 pounds), skin removed
- 1 large onion, halved and thinly sliced
- 1/2 cup white wine
- Coarse salt and freshly ground black pepper
- 4 large carrots, peeled and cut on the bias into 1-inch pieces
- 1 1/2 cups low-sodium chicken stock
- 1 cup quinoa
- 1/4 cup golden raisins
- 1/4 cup cilantro leaves, chopped

Preparation:

- Preheat oven to 350
- Heat a large oven-proof pot over medium-high heat. Toast spices about 1 minute, transfer to bowl. Add oil to pan and heat. Season chicken generously with salt and pepper. Cook until golden – about 6 minutes. Set aside. Reduce heat to medium and sauté onion. Add wine, scraping up brown bits with wooden spoon.
- Add carrots, stock, raisins, chicken and accumulated juices and spices; bring to a boil. Cover and transfer to oven. Braise until meat is very tender, about 45 minutes.
- Meanwhile, bring quinoa, 2 cups water, and 1/4 teaspoon salt to a boil. Reduce heat and simmer, covered, until quinoa is tender, about 15 minutes.
- Remove from heat; let stand 5 minutes. Fluff with a fork.
- Sprinkle chicken with cilantro and serve with quinoa.