

Chicken Tagine

1 tablespoon + 2 tablespoons extra-virgin olive oil
1½ lbs. boneless, skinless chicken thighs or breasts
1 large onion, chopped
3 cloves garlic, minced
1 tablespoon grated ginger
2 tablespoon tomato paste
1 teaspoon paprika
½ teaspoon coriander
3 carrots, chopped
½ lb. small zucchini, quartered
2 cups chicken or vegetable stock
1 tablespoon lemon zest
2 tablespoon fresh lemon juice
2 teaspoons cornstarch
salt to taste
freshly ground black pepper, to taste

1. In a large heavy pot, heat 1 tablespoon oil over medium to medium high heat until shimmering. Sauté the chicken until browned, 2–3 minutes per side. Remove from the pot.
2. Turn down heat to medium low and add the remaining 2 tablespoons oil. Sauté the onion until lightly browned, 3–5 minutes.
3. Stir in the garlic, ginger, tomato paste, paprika and coriander. Continue to stir for 1 minute.
3. Add the carrots, 1 ½ cup of the 2 cups of stock, and lemon zest. Bring to a boil over high heat and then reduce heat to simmer.
4. Return the chicken with any juices to the pot. Cover and simmer for 10 minutes. Add the quartered zucchini and continue until the chicken is fully cooked, another 10 - 15 minutes. Mix the cornstarch with the remaining ½ cup of stock and pour into simmering liquid, stirring constantly until desired thickness.
5. Stir in lemon juice and freshly ground pepper. Taste to see if you need to add salt, which will depend on whether you used home-made or store-bought stock.

Serves 4

Couscous Tabouli

2 cups cooked couscous
¼ cup chopped fresh parsley or cilantro
¼ cup toasted almonds
¼ cup diced dried apricots
1 tablespoon extra-virgin olive oil
2 teaspoons fresh lemon juice
¼ teaspoon salt

1. Toss all of the ingredients together.

Serves 4 recipes adapted from The Healthy Cook Chef Kate Sherwood at NutritionAction.com