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MOROCCAN CHICKEN TAGINE WITH PRUNES Intermediate Lifestyle

Ingredients

1 TBS cinnamon
1 TSP each pepper and Morton's Lite Salt (50% less sodium) or a salt substitute
2 TSP cumin
pinch turmeric and cayenne
3 TBS olive oil
3 thinly sliced Spanish onions (about 3 cups)
1-1/2 cups water
12 large dried prunes
1 large skinless chicken, cut in small pieces, with bones in
covered oven casserole

Instructions

1. Preheat oven to 375°.
2. In small bowl blend together first 4 ingredients. Rub this seasoning mixture onto all sides of the chicken.
3. Heat 3 TBS olive oil in large heavy skillet. Add and cook quickly until transparent the sliced Spanish onions.
4. Remove onions with slotted spoon to bottom of baking dish, leaving most of the oil in skillet. Increase heat, quickly brown the chicken pieces on all sides. Arrange over onions in baking dish.
5. Add to the baking dish the 1-1/2 cups of water and the 12 large dried prunes.
6. Cover and bake until the chicken is very tender and the fruit is puffy, about 1 hour.*

Portion-Per-Serving Information (8 servings): Serving = 4 oz. chicken with prunes = 1 PR, 1 FR, 1/2 FT

*Note: For a more authentic Tagine ... before covering the chicken for baking, first lower the heat to 300°. Then drizzle chicken with caramel and bake additional 3 hours, turning pieces now and then to brown evenly.

Caramel: Heat 1 cup Splenda in small heavy pan until touched with brown, stirring constantly with wooden spoon. Set the hot pan in the sink and carefully stir in 1/4 cup boiling water, being careful not to spatter. It will be deep brown color and caramel will get syrupy as it cools.