

## Simmered Moroccan Chicken with Preserved Lemon

*This easy, one-pot Moroccan spiced chicken is a perfect blending of sweet, savory, bitter and tart flavors.*

Prep Time: 20 minutes

Cook Time: 30 minutes

- 1/2 preserved lemon
- 2 tablespoons flour
- 1 teaspoon **McCormick® Gourmet Collection Sicilian Sea Salt**
- 1/2 teaspoon **McCormick® Ground Cinnamon**
- 1/2 teaspoon **McCormick® Ground Cumin**
- 8 small bone-in chicken thighs, skin removed (about 2 pounds)
- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 1 medium red bell pepper, cut into 1/2-inch chunks
- 1 medium carrot, coarsely chopped
- 1 can (14 1/2 ounces) diced tomatoes, undrained
- 1 cup chicken broth
- 1/2 cup dried apricots, halved
- 3 **McCormick® Bay Leaves**
- 1/4 cup halved green olives

1. Remove and discard pulp from preserved lemon. Rinse peel to remove excess salt. Cut peel into 1/4-inch pieces (about 2 tablespoons). Set aside. Mix flour, sea salt, cinnamon and cumin in shallow dish. Coat chicken evenly with flour mixture.
2. Heat oil in large deep skillet or Dutch oven on medium-high heat. Add chicken; cook 10 minutes or until browned, turning once. Remove from skillet.
3. Stir onion, bell pepper and carrot into skillet. Cook and stir 5 minutes or until tender. Add tomatoes, broth, apricots and bay leaves; mix well. Bring to boil. Return chicken to skillet. Reduce heat to low; cover and simmer 5 minutes. Stir in preserved lemon and olives; cover and simmer 10 minutes or until chicken is cooked through. Remove bay leaves. Serve with couscous, if desired.

Makes 8 servings.

**Nutrition Information Per Serving:** 223 Calories, Fat 11g, Protein 17g, Carbohydrates 14g, Cholesterol 58mg, Sodium 661mg, Fiber 3g