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## ***Moroccan Chicken Stew with Couscous***

- 1 Tbsp olive oil
- 1 Lb skinless chicken legs, split (about 4 whole legs)
- 1 Tbsp Moroccan spice blend\*
- 1 Cup carrots, rinsed, peeled, and diced
- 1 Cup onion, diced
- 1/4 Cup lemon juice
- 2 Cups low-sodium chicken broth
- 1/2 Cup ripe black olives, sliced
- 1/4 Tsp salt
- 1 Tbsp chili sauce (optional)

### **For couscous:**

- 1 Cup low-sodium chicken broth
- 1 Cup couscous (try whole-wheat couscous)
- 1 Tbsp fresh mint, rinsed, dried, and shredded thin (or 1 tsp dried)

- 1) Heat olive oil in a large sauté pan. Add chicken legs, and brown on all sides, about 2–3 minutes per side. Remove chicken from pan and put on a plate with a cover to hold warm.
- 2) Add spice blend to sauté pan and toast gently.
- 3) Add carrots and onion to sauté pan, and cook for about 3–4 minutes or until the onions have turned clear, but not brown.
- 4) Add lemon juice, chicken broth, and olives to sauté pan, and bring to a boil over high heat. Add chicken legs, and return to a boil. Cover and gently simmer for about 10–15 minutes (to a minimum internal temperature of 165 °F).
- 5) Meanwhile, prepare the couscous by bringing chicken broth to a boil in a saucepan. Add couscous, and remove from the heat. Cover and let stand for 10 minutes.
- 6) Fluff couscous with a fork, and gently mix in the mint.
- 7) When chicken is cooked, add salt. Serve two chicken legs over ½ cup couscous topped with ½ cup sauce in a serving bowl. Add chili sauce to taste.

Makes 4 Servings

