



# Slow Cooked Moroccan Chicken

## INGREDIENTS

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 2 tablespoons olive oil           | 4 bone-in chicken thighs      |
| 1 teaspoon ground cinnamon        | 1 teaspoon ground coriander   |
| 1 teaspoon ground turmeric        | ½ teaspoon ground cardamom    |
| ½ teaspoon ground cumin           | 1 small onion, sliced         |
| 4 garlic cloves, peeled and diced | ½ of a Preserved Lemon: diced |
| ½ cup water                       | 12 pitted Kalamata olives     |
| ¼ cup golden raisins              | 1 Tablespoon Honey (optional) |

## DIRECTIONS

In a bowl, mix spices together and rub into chicken thighs, set aside.

In large frying pan, heat the oil and lightly brown garlic and onions. Add chicken and cook for just 2-3 minutes. Transfer to slow cooker, add all of the other ingredients and cook on LOW for 4 hours or until thighs are tender. Makes 4 servings; 250 calories each.