



Chicken Tagine with Preserved Lemon & Olives

INGREDIENTS

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| 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

Add all the spices to a large Ziplock baggie. Shake to combine. Then add the chicken. Shake until chicken is well coated. 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 clay tagine or slow cooker, add all of the other ingredients and cook for 1-2 hours or until thighs are tender. Makes 4 servings; 250 calories each.