

SPOTLIGHT RECIPE



SPICED CHICKEN WITH VEGETABLE TAGINE

- Toast the slivered almonds.
- In a bowl, combine the salt, cayenne pepper, ginger, cumin, black pepper and cinnamon. Sprinkle some of the spices on the pita bread, and then use the rest to coat the chicken.
- In a large skillet over medium-high heat, add the oil. Cook the chicken for 3 to 5 minutes per side. Remove the chicken and set aside.
- Sauté the sweet potatoes until they start to get a little color. Add the onion, carrot and garlic for 5 to 8 minutes, or until softened.
- Add the water and bring to a boil, stirring gently to combine. Turn the heat down so the vegetables can simmer. Add the tomato, zucchini and garbanzo beans, and stir to combine.
- Return the chicken to the skillet, cover and let simmer until the chicken is heated through, about 5 to 6 minutes; the chicken should have an internal temp of 165 F.
- Sprinkle with the almonds and freshly chopped parsley.
- Toast the spicy pita bread under the broiler and cut it into triangles.

Ingredients

Servings: 4

- 2 tablespoons blanched almonds, slivered
- 1/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 teaspoon ground ginger
- 1 teaspoon ground cumin
- 1 teaspoon cracked black pepper
- 1 teaspoon ground cinnamon
- Two 6-inch, whole-wheat pita bread
- 2 tablespoons canola oil
- 3/4 pound boneless, skinless chicken breast, 3/4-inch cubed
- 1 pound sweet potatoes, peeled, 3/4-inch diced
- 1/2 red onion, chopped
- 1/4 cup carrot, diced
- 1 garlic clove, chopped
- 1 1/2 cups boiling water
- 8 ounces fresh tomato, chopped
- 1 pound zucchini, 3/4-inch small diced
- 1/2 cup garbanzo beans, canned, drained and rinsed
- 1 tablespoon fresh parsley, chopped

Side dishes

- Toasted Pita Bread (from the recipe)
- Sweet Potatoes and Vegetables

