



Tagine w/ Moroccan Veggies & Cous Cous

NIBBLEDISH CONTRIBUTOR

Ingredients

[Healthy Recipe: Tagine of Moroccan Vegetables and Chicken with Cous Cous via Green Mountain at Fox Run](#)

(Makes 4 servings)

1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup red bell pepper strips
1 clove garlic, minced
1/2 teaspoon turmeric
1/2 teaspoon ground ginger
1/4 teaspoon ground cinnamon
1/2 teaspoon salt
1 dash cayenne pepper
1/2 cup chopped carrots
1/2 cup butternut squash cut in 1- inch chunks
1 1/2 cups diced canned tomatoes
16 ounces boneless, skinless chicken breast (cut in 4 pieces)
1 cup zucchini, cut in 1-inch chunks
3 tablespoons raisins

3/4 cup cous cous
1 teaspoon olive oil
1/4 cup toasted almond slivers

Instructions

In large saucepan, heat oil over medium heat. Add onions and cook stirring often, until lightly browned, about 6-8 minutes. Add the bell pepper, garlic, turmeric, ginger, cinnamon, salt and cayenne pepper and cook stirring, about 1 minute. Add carrots, squash and tomatoes and add enough water to just cover the vegetables. Bring to a simmer, cover and reduce heat to low, simmer for 10 minutes. Add the chicken, cover and continue to cook until the vegetables are just tender and the chicken is almost cooked. (about 15-20 minutes). Stir in the zucchini and raisins and continue to cook about 10 minutes or until all of the vegetable are tender.

Meanwhile in large sauce pan cook 3/4 cup of cous cous according to package directions. Toss with olive oil.

To serve spoon about 1/2 cup cous cous on a plate and top with 1 chicken breast piece and about 1 cup of vegetable mixture. Garnish with toasted almonds.