



## Moroccan Chicken, Lentils, and Chickpea Stew

### Recipe

Serves 6

#### Ingredients

- ◆ 1 ½ tablespoons olive oil
- ◆ ¾ pounds boneless, skinless chicken thighs, cut into 2-inch pieces
- ◆ 1 large onion, diced
- ◆ 4 cloves garlic, minced
- ◆ 2 ½ cups vegetable or chicken stock
- ◆ 1 teaspoons ground ginger
- ◆ 1 teaspoons turmeric
- ◆ ½ teaspoon ground black pepper
- ◆ ½ teaspoon ground cinnamon
- ◆ ¼ teaspoon ground nutmeg
- ◆ ¾ teaspoon Cumin Powder
- ◆ 1 teaspoon dry oregano
- ◆ 1 (15-ounce) cans chickpeas, drained and rinsed
- ◆ 1 (28-ounce) can diced tomatoes and their juices
- ◆ 6 oz dried lentils
- ◆ Salt and pepper to taste
- ◆ ¼ cup chopped fresh cilantro leaves
- ◆ 1 tablespoons chopped fresh parsley leaves



#### Directions

1. Heat olive oil in a large pot. Brown chicken in oil, remove chicken from pan and set aside.
2. Add onion and garlic into pot cooking just until onions begin to brown.
3. Add chicken stock, spices, chickpeas, tomatoes, and lentils. Bring to a boil and return chicken to pot.
4. Cook on low for 50-60 minutes, or until lentils are tender. Season with salt and pepper.
5. Sprinkle with cilantro and parsley before serving.

### Nutritional Information



225 grams ~ 1 cup  
% based on Daily Value  
\*based on a 2,000 calorie diet

#### Nutrition

Serving Size: **423 grams**  
Calories **547**  
Calories from fat **114**  
Total Fat **12.6 grams (19%)**  
Cholesterol **50 mg (17%)**  
Sodium **411 mg (17%)**  
Total Carbohydrate **70.1 grams (23%)**  
Dietary Fiber **23.1 grams (92%)**  
Sugars **13.1 grams**  
Protein **39.5 grams**

#### Vitamins

Vitamin A: **21%**  
Vitamin C: **30%**  
Calcium: **17%**  
Iron: **49%**

#### Good Points

No fat  
**High** in calcium  
**High** in vitamin A