

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Spicy Moroccan Chicken with Apricots – serves 4**

Moroccan Spice Mixture:

2 tsp brown sugar  
2 tsp ground coriander  
2 tsp ground cumin  
2 tsp ground cinnamon  
1 tsp ground red pepper  
2 tsp ground fennel  
2Tbsp Spanish Paprika  
1 tsp ground ginger

Combine all ingredients and mix well. Reserve 1/3 of the mix for the Apricot sauce.

4 chicken breast halves, boneless, skinless  
2 Tbsp olive oil  
½ cup onion, sliced  
3 cloves of garlic, crushed  
2 Tbsp tomato paste  
4 cups chicken broth  
½ cup water  
1 cup apricots, dried, sliced

Rub chicken breasts with 2/3 of the spice mixture and sprinkle each breast with ¼ tsp sea salt. Sear over high heat in olive oil until browned. Remove chicken from pan. Add onions and saute for 5 minutes or until soft. Add garlic, and saute for another minute. Add tomato paste, chicken broth, water, and the rest of the spice mix. Bring to a boil, add chicken and apricots, and simmer for 30 minutes or until chicken is cooked through. Portion each chicken breast with ½ cup of the apricot sauce. This dish can be served with couscous, together with toasted almonds.