

Chicken Tagine with Olives & Artichoke Hearts

Traditionally, this delicious Moroccan dish is prepared in a clay pot, called a tagine. This recipe allows you to make it at home right on the stovetop! Serve with couscous or brown rice.

Makes: 6 servings
 Prep Time: 12 minutes
 Cook Time: 40 minutes

Source: EatFresh.org, Chicken Tagine with Olives & Artichoke Hearts



Small Changes,
BIG Difference!

Ingredients

- 1 Tablespoon olive oil
- 1 onion, cut into thin wedges
- 3 cloves garlic, minced
- 1 teaspoon coriander seed (ground)
- A pinch of cayenne pepper (ground)
- 3 chicken thighs (skinless and boneless), cut into 1x3-inch strips
- 1 1/2 cups low-sodium chicken stock (or low-sodium vegetable broth)
- 1 cup fresh tomatoes, minced (or substitute no-salt-added tomato puree)
- 2 carrots, peeled and chopped
- 1 small potato, cut into eighths
- 1 teaspoon salt
- 1 1/2 cups peas, fresh or frozen (about 10 oz.)
- 14 ounces artichoke hearts (canned, rinsed, and quartered)
- 1/2 cup green olives, rinsed and drained
- 1 cup fresh cilantro, divided in half
- 1 Tablespoon lemon juice



Nutrition Information	
Serving Size: 1 1/4 Cup	
Nutrients	Amount
Calories:	167
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	n/a
Sodium:	543 mg
Total Carbohydrates:	21 g
Dietary Fiber:	8 g
Total Sugars:	n/a
Added Sugars:	n/a
Protein	13 g

Utensils Needed

- Sharp knife
- Cutting board
- Measuring spoons
- Measuring cups
- Can opener
- Vegetable peeler
- Large pot
- Stirring spoon

Directions

1. Heat olive oil in a large pot over medium heat. Add onion and cook until a little soft, about 3 min.
2. Stir in garlic, coriander, and cayenne. Cook about 2 minutes.
3. Add chicken and cook until slightly golden, about 5 minutes.
4. Add stock, tomato puree, carrots, potato, and salt. Bring to a boil, then reduce heat to low. Simmer for 15 minutes.
5. Gently stir in peas, artichoke hearts, olives, and half the cilantro. Simmer about 10 minutes, or until chicken is cooked through and vegetables are tender.
6. Put tagine on a serving plate and arrange the remaining cilantro on top. Squeeze lemon juice and serve.

SHOPPING LIST













Average total cost without oil and seasonings: \$16.15

Average cost/serving: \$2.69

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Onion	<input type="checkbox"/>		Add 1 to Cart Tomatoes (fresh or canned puree)
<input type="checkbox"/>		Add 1 to Cart Garlic (bulb)	<input type="checkbox"/>		Add 1 to Cart Potato (small)
<input type="checkbox"/>		Add 1 to Cart Chicken Thighs	<input type="checkbox"/>		Add 1 to Cart Peas, frozen or fresh (12 oz.)
<input type="checkbox"/>		Add 1 to Cart Carrots (2 lb bag)	<input type="checkbox"/>		Add 1 to Cart Quartered Artichoke Hearts (13.75 oz.)
<input type="checkbox"/>		Add 1 to Cart Low-sodium Chicken Broth (32 oz.)	<input type="checkbox"/>		Add 1 to Cart Green Olives (10 oz.)
<input type="checkbox"/>		Add 1 to Cart Cilantro (bunch)	<input type="checkbox"/>		Add 1 to Cart Lemon