

Chicken Tagine

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 8

4 pounds chicken thighs
1 teaspoon salt
1/2 teaspoon pepper
1 tablespoon olive oil
1 container (8 ounce) refrigerated prechopped onion
1 cup dried apricots
1/2 cup golden raisins
2 cinnamon sticks
1 3/4 cups chicken broth
1/4 cup honey
1/2 teaspoon ground turmeric
hot, cooked couscous (if desired)
chopped fresh cilantro (if desired)
slivered almonds (if desired)

Preparation Time: 20 minutes

Spray a four- to five-quart slow cooker with cooking spray.

Sprinkle the chicken with 1/2 teaspoon of the salt and the pepper.

In a twelve-inch skillet, heat the oil over medium-high heat. Cook half of the chicken in the oil for 6 minutes, turning once, until browned. Repeat with the remaining chicken.

Add the onions, apricots, raisins and cinnamon sticks to the slow cooker.

In a medium bowl, mix the broth, honey, turmeric and the remaining salt with a wire whisk until blended. Pour into the slow cooker.

Cover and cook on LOW heat setting for seven to eight hours or until the chicken is tender. Remove the cinnamon sticks.

Serve the chicken mixture over couscous. Garnish individual servings with cilantro and almonds.

Start to Finish Time: 7 hours 20 minutes

Per Serving (excluding unknown items): 513 Calories; 30g Fat (51.3% calories from fat); 33g Protein; 30g Carbohydrate; 4g Dietary Fiber; 151mg Cholesterol; 574mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Fruit; 3 Fat; 1/2 Other Carbohydrates.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	513	Vitamin B6 (mg):	.5mg
% Calories from Fat:	51.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	23.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	30g	Folacin (mcg):	17mcg
Saturated Fat (g):	8g	Niacin (mg):	11mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	151mg	% Refuse:	0.0%
Carbohydrate (g):	30g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	33g	Lean Meat:	4 1/2
Sodium (mg):	574mg	Vegetable:	0
Potassium (mg):	718mg	Fruit:	1
Calcium (mg):	78mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	3
Zinc (mg):	3mg	Other Carbohydrates:	1/2
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	1450IU		
Vitamin A (r.e.):	198RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 513 **Calories from Fat:** 263

% Daily Values*

Total Fat	30g	45%
Saturated Fat	8g	41%
Cholesterol	151mg	50%
Sodium	574mg	24%
Total Carbohydrates	30g	10%
Dietary Fiber	4g	15%
Protein	33g	
Vitamin A		29%
Vitamin C		10%
Calcium		8%
Iron		24%

* Percent Daily Values are based on a 2000 calorie diet.