

Tangerine Chicken Tagine (Slow Cooker)

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Servings: 8

2 tablespoons brown sugar
1 teaspoon curry powder
1 teaspoon ground cinnamon
1 teaspoon cumin seeds
1/2 teaspoon ground ginger
1 (5 to 6 pound) roasting chicken,
patted dry
1 pound fresh baby carrots, peeled
and thinly sliced
1 pound medium parsnips, peeled and
thinly sliced
2 large tangerines, peeled and sliced
1 cup dried apricots, chopped
1/2 cup slivered almonds
1/2 cup chicken broth

Preparation Time: 20 minutes

Slow Cooker Time: 6 hours

In a bowl, combine the brown sugar, curry powder, cinnamon, cumin and ginger. Rub the mixture over the chicken until well coated.

In the bottom of a six-quart slow cooker, arrange the carrots, parsnips, tangerines, apricots and almonds. Place the chicken, breast side up, on the vegetables. Pour in the broth.

Cook, covered, on LOW heat until a thermometer inserted in the thigh reads 170 degrees and the chicken is tender, six to eight hours.

Remove the chicken, vegetables and fruits to a serving platter. Let stand for 5 to 10 minutes before carving the chicken.

Per Serving (excluding unknown items): 497 Calories; 32g Fat (57.2% calories from fat); 32g Protein; 21g Carbohydrate; 4g Dietary Fiber; 122mg Cholesterol; 185mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1 Fruit; 4 Fat; 0 Other Carbohydrates.