

Chicken with Apricot Sauce

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 40 minutes

Serves: 4 - 6

CChints: Kalamata olives are a greenish-black-purple olive of medium size from Greece. Their flavor is more intense than a black olive and often served in Italian and Greek dishes. You can save some time by buying seedless olives. You will use these in several recipes on this website like Large Portabellas with Pasta, Tomato and Olive Salad and many more.

Turmeric is used to add both flavor and color to food. It is very popular in East Indian cooking and is almost always used in preparing curry. It's also a primary ingredient in mustard and it what gives American-style prepared mustard its bright yellow color.



- 4 servings of brown rice or couscous, cooked
- 1 teaspoon grated lemon zest
- 1 teaspoon olive oil
- 1 pound boneless, skinless chicken thighs
- 1 cup yellow onion, chopped
- 1 teaspoon ground fresh ginger, freshly grated or paste from a jar brand like Spice World®
- 3 gloves minced garlic, fresh or paste from a jar
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon cinnamon
- 1 cup dried apricot, cut in half
- Dash of salt
- 15-20 kalamata olives, pitted and chopped
- 14 ounce can fat-free chicken broth
- 4 servings of asparagus
- 3 tablespoons chopped green onions, green parts only

Try to time the cooking of your rice or couscous so it is done when you have finished cooking this meal. Cook according to package directions. When it is done, stir in the lemon zest.

Heat the oil over medium heat in a large skillet or Dutch oven. Rinse the chicken and cut off any excess fat. Add the chicken to the pan and cook for 3 minutes on each side. During this time, wash anything that has come in contact with the raw chicken.

Add the onions to the pan, scraping to get up any brown bits from the chicken. Stir occasionally for 3 minutes and then stir in the ginger through cinnamon for another 10 seconds. Add the apricots through chicken broth. Bring to a boil, then cover and reduce the heat to a simmer for 30 minutes. After the dish has simmered for 15 minutes lay the asparagus on top of the mixture, cover and simmer for the last 15 minutes.

To serve, add rice/couscous to each plate and top with a piece of chicken, or two. Spoon the apricot sauce over the top and sprinkle with green onions. Serve the asparagus on the side.

Enjoy!