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Moroccan Chicken

Ingredients

- 12 oz. grilled chicken breast, cubed
- 1/2 cup whole wheat couscous, dry
- 1 cup chicken broth, from bouillon
- Sun-dried tomatoes, about 20 pieces, chopped
- 2 medium tomatoes, chopped
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 can green peas, drained
- 4 tablespoons nonfat plain yogurt
- Spices (see below)

Directions

1. Fry the garlic and onions in a nonstick pan (large enough to hold all the ingredients listed above) with cooking spray for a couple of minutes until they start to brown, then add the chopped tomatoes.
2. Stir until they become fluid, and then add the broth.
3. Bring to a boil and add the following spices: 1 bay leaf (whole), 4 whole cardamon pods, dash of cinnamon, dash of tumeric, dash of chili powder, 1 teaspoon salt, 1 teaspoon ground coriander.
4. Slowly stir-in the yogurt, one tablespoon at a time.
5. Add the chicken, sun-dried tomatoes, and peas.
6. Then stir-in the dry couscous, cover, reduce the heat and simmer for 5 minutes.
7. Remove from heat, fluff with a fork, cover it again and let it sit for a few minutes before serving.