

Boston Medical Center
Nutrition Resource Center
Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Moroccan Chicken Stew

This is a heart-healthy dish that's great on a cold winter night.

Serves 4

Ingredients

1 teaspoon olive oil
1 pound chicken breast, diced into 1 inch cubes
½ cup diced onion
1 tablespoon minced garlic
1 medium butternut squash, peeled, seeded, and diced into 1 inch cubes
1 medium green pepper, chopped
1 (14-ounce) can low-sodium diced tomatoes
1 cup low-sodium chicken broth or water
1 teaspoon cumin
1 teaspoon cinnamon
½ teaspoon salt
¼ teaspoon pepper
½ cup raisins
1 tablespoon chopped fresh oregano (or 1 teaspoon dried oregano)

Directions

Heat oil in a large stock pot. Add diced chicken and brown on all sides, about 4 minutes. Add onion and garlic and cook for 2 minutes. Add remaining ingredients and simmer 20-30 minutes, until squash is tender.

Recipe Notes:

1. This dish can be made in a crock pot for slow cooking. Just place all ingredients in the crock pot (no need to saute anything) and cook on low heat for 6-8 hours.
2. Serve with whole wheat cous-cous or brown rice.
3. To make peeling the squash easier, heat in microwave on HIGH heat for 3 minutes. Cool under cold water and peel.

Nutrition information per serving:

Calories: 328	Carbohydrates: 42g
Total Fat: 5g	Cholesterol: 73mg
Saturated Fat: 1g	Dietary Fiber: 6g
Protein: 28g	Sodium: 396mg