

MOROCCAN-STYLE  
CHICKEN THIGHS

*Chicken thighs are quite popular now because they're more flavorful than the white meat and they stand up to bolder spices. If you can find boned thighs, all the easier. Serve with couscous.*

- 2 teaspoons ground cumin
- 1 teaspoon ground cardamom
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground red pepper
- ¼ teaspoon black pepper
- 8 chicken thighs (about 2 pounds), skinned
- 1 tablespoon olive oil
- 1 (15-ounce) can chickpeas (garbanzo beans), drained
- 1 (14.5-ounce) can no-salt-added diced tomatoes, drained
- 2 cups (¼-inch) sliced zucchini
- ½ cup fat-free, less-sodium chicken broth
- 1 tablespoon fresh lemon juice
- Cilantro sprigs (optional)

**1.** Combine first 6 ingredients in a small bowl; rub chicken with cumin mixture. Heat oil in a large nonstick skillet over medium-high heat. Add chicken, and sauté 3 minutes on each side. Add chickpeas and tomatoes; cook 5 minutes. Add zucchini and broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in lemon juice. Garnish with cilantro, if desired. Yield: 4 servings (serving size: 2 chicken thighs and ½ cup chickpea mixture).

CALORIES 338 (29% from fat); FAT 10.8g (sat 2.1g, mono 4.7g, poly 2.5g); PROTEIN 34.9g; CARB 25.9g; FIBER 3.1g; CHOL 113mg; IRON 4.8mg; SODIUM 625mg; CALC 95mg