

Orange-Apricot Chicken Tagine

Makes 4 servings

1 tablespoon canola oil
4 small skinless chicken breasts, approximately 4 ounces each
1 yellow onion, sliced
1 tablespoon minced fresh garlic
1 tablespoon minced fresh ginger
1 cup 100% Florida orange juice
1 tablespoon turmeric
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
1 saffron thread, optional
1 (15-ounce) can garbanzo beans, drained
1 cup dried apricots
1 cup diced fresh tomatoes
½ cup cashews, chopped and toasted
2 tablespoons fresh cilantro, chopped

Heat oil in tagine and brown chicken breasts for 3 to 5 minutes; remove chicken breasts and reserve. Add onion, garlic and ginger to tagine; sauté for 3 minutes. Add orange juice, turmeric, nutmeg, cinnamon and saffron, if desired. Simmer for 3 minutes; do not boil. Add garbanzo beans, apricots and tomatoes. Bring to simmer; add reserved chicken breasts. Cover tagine and cook for 20 to 30 minutes over low heat until chicken is thoroughly cooked. Garnish with cashews and cilantro; serve immediately.

Serving suggestion: Serve Orange-Apricot Chicken Tagine with cooked couscous.