

# MOROCCAN CHICKEN



## **INGREDIENTS**

- 1 1/2 lbs. boneless chicken breasts
- 1 onion, chopped
- 1/2 red pepper, chopped
- 2 carrots, sliced (thin)
- 1 zucchini, sliced
- 1 cup cubed butternut squash
- 1 garlic clove, minced
- 2 t. minced fresh ginger
- 1 t. ground cinnamon
- 3/4 t. ground cumin
- 1/2 t. paprika
- 1/4 t. cayenne pepper
- 1 1/2 c. water
- 1 large can crushed or chopped tomatoes
- 2 T. olive oil
- Salt and pepper to taste
- \* 2 T. fresh cilantro
- \* 1 red chili pepper
- \*Optional

## **DIRECTIONS**

Heat oil in pan and brown chicken. Remove and set aside. Sauté onion, carrots and pepper. Add seasonings and stir gently. Add water and tomatoes. When it gets hot, add butternut squash, zucchini and chicken. Cover and let it simmer for 20 minutes. Serve hot and garnish with cilantro and/or chili pepper if desired.