

Moroccan Chicken and Butternut Squash Stew

Total Time 55 minutes

Servings 4

Heat oil in a large saucepan over medium-high heat; add chicken. Cook, stirring often, 8 minutes or until browned.

Add onion, carrots and garlic. Cook, stirring often, 5 minutes or until softened. Stir in cumin, ginger, cinnamon and cayenne.

Add broth, tomatoes, tomato paste, squash and raisins. Bring to boiling. Reduce heat to medium-low; simmer, covered, 20 minutes or until squash is tender. Stir in lime juice. Top each serving with 1 tablespoon chopped cilantro.

Ingredients

2 tsp.	olive oil
1 lb.	boneless, skinless chicken breasts, cut into cubes
1	medium onion, chopped
2	carrots, peeled and chopped
2	garlic cloves, minced
1 tsp.	ground cumin
1/2 tsp.	ground ginger
1/8 tsp.	cayenne or ground red pepper
2 1/2 cups	fat-free, low-sodium chicken broth
1	can no-salt-added diced tomatoes, undrained
1/4 cup	no-salt-added tomato paste
1	small butternut squash, peeled, seeded and cubed (about 4 cups)
1/2 cup	golden raisins
2 tbsp.	fresh lime juice
4 tbsp.	chopped fresh cilantro
1 tsp.	ground cinnamon

Nutrition Information

Total Fat	5g
Total Fat (extra)	8
Trans Fat	
Vitamin A	18008IU
Vitamin A (extra)	360
Sugars	21g
Sodium (extra)	17
Saturated Fat	1g
Protein	27g
Saturated Fat (extra)	6
Serving Size	1
Sodium	412mg
Vitamin C	39mg
Vitamin C (extra)	66
Omega3	0g
Calories	315
Calories Fat	48
Fiber	7g
Cholesterol (extra)	21
Fiber (extra)	28
Iron	3mg
Iron (extra)	19
Cholesterol	62mg
Carbohydrate (extra)	14
Calories (fat) extra	15
Carbohydrate	41g