

# Apricot Chicken Tagine

Prep: 10 minutes | Cook: 50 minutes | Total: 1 hour

Yield: 6 servings | Serving Size: ~1½ cups

## Ingredients

½ cup light (reduced-fat) sour cream  
1 tablespoon chopped fresh parsley  
½ teaspoon hot sauce or hot chili oil  
½ teaspoon salt  
½ teaspoon ground black pepper  
4 (3- to 4-ounce) boneless skinless chicken thighs (thigh fillets; about 1 pound)  
2 tablespoons olive oil  
1 large sweet onion, thinly sliced (about 3 cups)  
2 cloves garlic, minced (about 1 teaspoon)  
½ teaspoon ground allspice  
1 (15-ounce) can low-sodium garbanzo beans (chickpeas), drained and rinsed  
1 (14.5-ounce) can no-added-salt diced tomatoes  
¾ cup dried apricots, sliced or chopped  
1 cinnamon stick (or 1 teaspoon ground cinnamon, added to step 7)

## Directions

1. In a small bowl, whisk together the sour cream, parsley, and hot sauce or chili oil. Set in the refrigerator to chill.
2. In a separate small bowl, stir together the salt and pepper.
3. Pat the chicken dry with paper towels, then sprinkle evenly with the salt-pepper mixture.
4. Heat a tagine, a Dutch oven, or a large stockpot over medium-high heat.
5. Add the oil and heat until shimmering.
6. Place the chicken in the pan and cook until golden-brown but not cooked through, about 3-5 minutes on each side. Transfer the chicken to a plate and set aside.
7. Reduce the heat to medium, then add the onion and cook until softened, about 5-7 minutes. Add the garlic and allspice. Cook until fragrant, about 1-2 minutes.
8. Add the beans, tomatoes with their juice, apricots, and cinnamon. Bring to a simmer over medium-high heat, then reduce the heat to maintain a gentle simmer.
9. Return the browned chicken to the pan and cover with a lid. Cook until the chicken is cooked through (internal temperature of 175°F), about 33-35 minutes.
10. Serve warm, with a heaping tablespoon of the sour cream mixture on top of each portion.

## Recipe Notes

- This recipe also does very well in a pressure cooker. Follow steps 1-4 on “sauté” mode, then add the chicken, seal the lid, and pressure cook on high for 20 minutes. Allow the pressure to release naturally after cooking.
- Instead of the allspice, a spice blend may be used such as Ras el Hanout, garam masala, or Chinese five-spice.

**Nutrition Facts Per Serving: Calories: 240 | Total Fat: 11 g | Saturated Fat: 2 g  
Sodium: 305 mg | Total Carbohydrate: 13 g | Dietary Fiber: 3 g | Protein: 23 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs