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Expanding my horizons with a Spark Recipe – Moroccan Chicken & Lentils

Thursday, August 14, 2014

I'm an impatient cook. I want it to be healthy and taste good, but I don't want to take a lot of time doing it and I don't want to baby-sit it. It should cook by itself without any more help from me.

I also prefer a reasonable length of ingredients with names that I actually recognize.

Yesterday's Moroccan Chicken & Lentils that was part of my spark daily email along with 12 other easy, low calorie, high protein suggestions is now one of our favorites.

Five minutes prep and forget about it. Can't beat that.

recipes.sparkpeople.com/recipe-detail.asp?recipe=71248

DH loved it and it was very filling.

We didn't even need rice or couscous or any of the other "serve over" suggestions.

I did cut up the chicken breasts since I always do that in a crock pot so it was ready in 4.5 hours instead of 5. I also had to buy turmeric – a new spice for me.

Good thing it turned out well. I don't want that turmeric to go to waste.

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KANSASROSE67

Thanks for the tip...I'm going to try this one. I actually have turmeric...I use it in one kind of pickles I make sometimes. Like you, I don't want to buy weird ingredients I'll never use again!

2494 days ago



CD4114015

You are MY kind of cook! I agree with all your cooking "methods" (should cook itself, especially)...this one I am going to try!



THANK YOU!

2494 days ago



MARYJEANSL

Thank you for the recommendation. I may try it, since I like lentils and of course chicken, but it may be a hard sell with my son. Turmeric is one of those spices that is exceptionally good for you - eating it with black pepper is supposed to help it be better used by the body.

2494 days ago

v



PHEBESS

Mmmm, I love Moroccan too - that surprise of almost sweet with all the savoury is always wonderful!

2494 days ago

v



DOVESEYES



2494 days ago

v



SYLPHINPROGRESS

Many consider Moroccan cuisine to be one of the world's finest; some consider it the finest. My limited experience puts me in the first group. I've improvised many times at home and that is why I have a store of dried prunes and apricots as I type.

2495 days ago

v



LINDAKAY228

I haven't tried turmeric but may have to try this recipe. I also like foods that pretty much cook themselves LOL. Thanks for sharing this!

2495 days ago

v



DR1939

We love Moroccan food. I have a tagine and use it often. Unfortunately, I am allergic beans and lentils and must carefully monitor recipes. I'm glad you enjoyed. If you ever decide to go to Morocco I can recommend an excellent tour company. As all signs are in Arabic or French, a tour is a much simpler way to navigate. And unless you have experience with souks they can be quite unsettling.

2495 days ago

v



WUMPASTAR

I LOVE turmeric. In fact I love most spices, I'm a big fan of Indian foods and the like. I'm glad you enjoyed it :)

2495 days ago

v



MISCHAKEO

I love Moroccan food. I will have to try this. I like the fact that it is easy and you can get it going in 5 minutes. Thanks for sharing.

2495 days ago

v



WATERMELLEN

Sounds great -- I love Moroccan and I love that touch of cinnamon in a "savoury" dish!! Will have to try this one . . . probably in a soup version!!

2495 days ago

v



SNS1968



2495 days ago

v



TERI-RIFIC

Sounds good. I'll have to try it. I recently discovered Tysons "grilled and ready" chicken strips. I use them all of the time- over salad in recipes etc.

2495 days ago

v



TIMEHASCOME56

sounds good

2495 days ago

v



CD12521021

I'll have to try it - I use turmeric when I bake chicken (I heard it was a healthy spice - and I don't really think it has a taste so I just sprinkle it on). keep up the good work.

2495 days ago

v

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