



Moroccan chicken and carrots

SERVES 4 | 45 MINUTES

The warm spices of this one-pan dinner complement the roasted carrots.

- 4 chicken thighs
- 3 tbsp. olive oil, divided
- ½ tsp. each ground cumin, coriander, and cinnamon
- 1 tsp. kosher salt, divided
- 1 lb. rainbow or regular carrots, peeled and cut into thirds diagonally
- ½ cup golden raisins
- ½ cup Marcona almonds or other whole blanched and toasted almonds

- 1. Preheat** oven to 400°. In a medium bowl, mix chicken with 2 tbsp. oil, the spices, and ½ tsp. salt.
- 2. Heat** remaining 1 tbsp. oil in a large ovenproof frying pan or cast-iron skillet over medium-high heat. Cook chicken skin side down until skin is crisped, about 4 minutes; transfer to a plate.
- 3. Add** carrots to pan and cook, stirring often, until starting to soften, about 4 minutes. Add raisins, almonds, and remaining ½ tsp. salt. Set chicken skin side up on top of carrots.
- 4. Roast** until carrots are browned and chicken is cooked through, about 20 minutes.

PER SERVING 417 CAL., 58% (242 CAL.) FROM FAT; 19 G PROTEIN; 27 G FAT (4.7 G SAT.); 27 G CARBO (5.2 G FIBER); 548 MG SODIUM; 58 MG CHOL. ■

Really good!



SHOPPING TIP

Rainbow carrots, sold at farmers' markets and some supermarkets, taste just like regular carrots but add a mix of bright colors.