

# Slow-Cooker Moroccan-Spiced Chicken Thighs with Couscous

## WAC Fun Food Fact

Cumin and coriander add to the nutritious qualities of this recipe. Both are packed with nutrients and may aid digestion, and studies suggest that cumin may act as an anti-inflammatory.

### INGREDIENTS

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3/4 teaspoon cinnamon
- Kosher salt and black pepper
- 1 1/2 pounds boneless, skinless chicken thighs
- 1 14.5-ounce can diced tomatoes, drained
- 1 pound large carrots, cut into 1-inch pieces
- 1/3 cup pitted black olives
- 1 cup whole-wheat couscous
- Fresh cilantro, for serving



### PREPARATION

1. Mix the cumin, coriander, cinnamon, and 1 teaspoon each salt and pepper in a 4-to 6-quart slow cooker. Add the chicken and toss to coat in the spice mixture. Add the tomatoes, carrots, and olives.
2. Cover and cook on low for 6 to 7 hours or on high for 3 to 4 hours, until the chicken is tender. Shred the meat and return it to the liquid with the vegetables.
3. Ten minutes before serving, prepare the couscous according to the package directions.
4. Serve the chicken and vegetables over the couscous, topped with the cilantro.

**Total Time:** 3 hours, 15 minutes to 7 hours, 15 minutes



Recipe of the Month |

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