



## INGREDIENTS

- 2 Pounds Chicken Parts, fresh or frozen, Thighs with bone, with skin, (about 4 ounces each)
- 1 Cup Onion (sliced)
- 2 Preserved Lemons
- 3 Cups Chicken Stock
- ½ Cup Olives  
(Green and Kalamata)
- 1 Tablespoon Honey
- Olive Oil
- Cilantro (for garnish)
- 2 Tablespoons Moroccan Spice Blend

## DIRECTIONS

1. Thinly slice the onion. Halve the preserved lemons and remove the pulp. Discard half of the pulp and finely chop the remaining pulp. Reserve the peels.
2. Marinate the chicken thighs, along with the onions, lemon pulp, 1 tablespoon of olive oil and spice mix for 1 hour.
3. Heat 2-3 tablespoons of olive oil in a pan and heat over medium heat. Remove the chicken from the marinade and brown both sides of the chicken thighs, about 3-5 minutes per side.
4. Remove the chicken from the pan and drain any excess fat. Place the onions and remaining marinade ingredients in the pan and cook until the onions are softened, about 7 minutes.
5. Deglaze the pan with about ½ cup of the chicken stock, breaking up the browned bits stuck to the pan. Add the chicken back to the pan, skin side down, and then add chicken stock to cover about ⅔ of the chicken.
6. Reduce heat to a simmer and cook, covered, for 15 minutes. After 15 minutes, flip the chicken over. Add the lemon peel and the honey and stir to combine. Cover and simmer for 15 more minutes.
7. Add the olives to the pan and cook for 15 minutes to allow the sauce to thicken some. Salt to taste.
8. Garnish with cilantro and serve warm.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Lunch/Supper

## YIELD

16 Ounces Chicken

## PORTION SIZES

**Toddler:** 1 Ounce Chicken  
**Preschool:** 1½ Ounces Chicken  
**School Age:** 2 Ounces Chicken  
**Adult:** 2 Ounces Chicken