



Moroccan Chicken with Lemons and Olives

Simmering lemon zests meet vibrant olives and cooked-to-perfection chicken, sprinkled with cumin and coriander. A true delight!

This is truly finger-licking good chicken! Handed down to me by my world-traveling aunt, Daniele, and based on Moroccan cuisine, this aromatic dish just melts in your mouth. It only takes 15 minutes to prepare, the rest is simmering. The combination of animal protein, citrus, and healthy fats is not only nutritious but tasty!

Prep Time	Total Time	Serves
15 minutes	55 minutes	Four

Ingredients

- Eight chicken drumsticks (with skin on)
- 1 tablespoon of butter or ghee
- 1 tablespoon of olive oil
- Salt and pepper
- 1 1/2 teaspoon of cumin (or more to taste)
- 1 teaspoon coriander
- 3 organic lemons
- 1/3 cup pitted olives (black and/or green)
- Cayenne pepper (optional)

Instructions

1. Heat olive oil and butter/ghee in large saucepan. When oil mixture is hot, add chicken and sauté it until golden.
2. Add salt, pepper, cumin, coriander. Lower heat and cook for two minutes.
3. Add juice and the zest (rind) of three lemons. Let simmer on low heat, with lid on for 30 minutes.
4. Add olives. Make sure there's enough liquid; if there is not, slowly add more lemon juice and/or water. Let simmer for 15 minutes at least. Add cayenne pepper if desired (some like it hot!)

Tips

Serve with whole wheat couscous, red quinoa, or brown rice. Feel free to adjust the quantity of olives and/or lemons to suit your taste. Because lemon zest is generally not eaten, lemons do not figure on the Environmental Working Group's "dirty dozen", but since they are often sprayed with pesticides, please choose organic ones. Also, this recipe is so good, I normally double it and freeze half-- or have people over.