



Heart Healthy Recipes

CHICKEN WITH PRESERVED LEMONS AND OLIVES

3 lbs	Boneless skinless chicken breasts
2 ½ cups	Onion, grated
6 cloves	Garlic, chopped
¼ cup	Canola oil
½ cup	Chopped cilantro
1 tsp	Ground ginger
1 tsp	Sweet paprika
¼ tsp	Ground cumin
¼ tsp	Ground black pepper
1 pinch	Saffron
1 cup	Water or broth
1 cup	Kalamata olives, pitted
2	Preserved lemons, rinsed and chopped
	Juice to 2 lemons

1. Place the chicken, onion, garlic, oil, cilantro, spices and water in a crock pot. Mix thoroughly.
2. Cook on low heat for 6 – 8 hrs.
3. Add the olives, preserved lemons and lemon juice and cook for 10 min.
4. Add more water or boil and reduce the sauce as needed before serving.

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More recipes are available at: www.mediterrasian.com