Chicken With Apples and Raisins

Serves 6, 1–2 pieces of chicken and ¾ cup vegetable mixture per serving

Ingredients

- 1 large onion
- 2 large carrots
- 2 medium apples
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon salt, divided
- ¼ teaspoon ground black pepper
- 5 pounds bone-in chicken pieces
- 2 Tablespoons canola oil, divided
- 1 (15-ounce) can low-sodium chicken broth
- ¾ cup raisins

Optional Ingredients

- ½ cup nuts (such as walnuts, almonds, or pecans)
- ¼ cup fresh parsley and/or cilantro

Directions

1. Peel, rinse, and dice onion and carrots. Rinse and dice apples.
2. If using, chop nuts. Rinse and mince parsley or cilantro.
3. In a small bowl, mix cinnamon, coriander, cumin, ¼ teaspoon salt, and pepper.
4. Pat chicken dry with paper towels. Remove skin. If using whole chicken legs, separate the thigh and drumstick. Rub chicken pieces with spice mixture.
5. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
6. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2–4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165 °F, about 15–25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
7. Add raisins, vegetable mixture, and remaining ¼ teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5–10 minutes more. Serve over cooked chicken. If using, top with nuts and herbs.

Nutrition Facts

Serving Size 1-2 pieces chicken and 3/4 cup veggie mixture
Servings Per Recipe 6

Amount Per Serving	
Calories 440	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 130mg	**43%**
Sodium 350mg	**15%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 4g	**14%**
Sugars 20g	
Protein 46g	
Vitamin A 80% •	Vitamin C 8%
Calcium 4% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef's Notes

- Serve with whole grain couscous or brown rice and a vegetable side dish.
- Try using dried cranberries or apricots in place of raisins.
- Bone-in chicken pieces tend to be less expensive, but this recipe will work just as well with boneless chicken if you prefer.