



## Moroccan Spiced Chicken

This recipe is a quick and easy way to incorporate lots of flavor, and goes well served with a serving of couscous!

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Hungarian Paprika	8 g
1 tsp	Sugar, granulated	5 g
1/4 tsp	Salt	1.25 g
1/4 tsp	Black pepper, ground	1.25 g
1/4 tsp	Ginger, ground	0.75 g
1/2 tsp	Cardamom, ground	1.5 g
1 tsp	Cumin, ground	3 g
1/8 tsp	Cloves, ground	0.35 g
1/4 tsp	Cinnamon, ground	0.75 g
1/8 tsp	Allspice, ground	0.35 g
1/8 tsp	Cayenne Pepper, ground	0.35g
4 each (2 lbs)	Chicken thighs, boneless, skinless	910 g

### Preparation:

1. Gather all ingredients and equipment.
2. Trim chicken and refrigerate until ready to cook.
3. Preheat the broiler to medium-high heat, placing the broiler rack about 8 inches away from the top. Preheat the oven to 350°F.
4. Place all of the spices in a small mixing bowl and stir well. Rub a generous amount of the spice rub on the chicken thighs.
5. Place the chicken on a sheet pan and place underneath the broiler. Cook chicken until the outside is browned (roughly 5 minutes). Continue to cook in the oven until chicken has reached temperature of 165°F / 74 °C, about 10 minutes.
6. When the chicken is finished cooking, allow to rest for 5 minutes. Serve warm.

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### Nutrition Facts

<b>Serving size</b>	<b>1 chicken thigh</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	252
Calories from Fat	70
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	152 mg
Sodium	502 mg
Carbohydrates	2 g
Dietary Fiber	1 g
Sugars	1 g
Protein	39 g
Vitamin A	1 %
Calcium	0 %
Vitamin C	0 %
Iron	1 %

Phosphorus 2 mg

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