

Moroccan Spinach and Chicken

Modified from Food & Wine

Ingredients:

- 2 pounds fresh spinach (can use swiss chard, too), chopped
 - ¼ cup olive oil or unrefined coconut oil
 - ¼ cup pine nuts
 - ½ cup raisins
 - 1 tsp raw sugar
 - ¼ cup ground cardamom
 - zest of 1 lemon cut into strips
 - 1 tsp lemon juice
 - ¾ tsp salt
 - ½ tsp pepper
 - 3 tbsp organic butter or ghee (clarified butter)
 - 10 oz chicken breast cut into ½ pieces
 - ¼ cup dry white wine
1. In medium skillet, warm oil. Add pine nuts, raisins, sugar and cardamom. Cook/ toss about 2 minutes until golden brown. (**be careful**, the nuts burn very easily!) Add lemon zest, sauté 1 more minute until edges are brown.
 2. Add chopped spinach and cook 2 minutes – separate with a fork. Drain excess liquid or cook at higher heat and let evaporate for 1-2 minutes. Season with lemon juice, salt and pepper
 3. Melt butter in another skillet. Pan sear chicken until brown, flip sides and brown again. Add to the spinach stuff. Set chicken aside.
 4. Pour wine into skillet and boil scraping up bits from bottom of pan. Boil until it is reduced to 2 tbsp (about 2 minutes). Add to chicken/spinach
 5. This is where you can decide whether to make it with quinoa or rice pasta, or use a root vegetable as your ‘pasta’. You can julienne parsnips or turnips into strips, and either sauté in pan with oil or roast in oven.