

Moroccan Apricot Chicken

Adapted from Mickey Trescott's Recipe

INGREDIENTS

- 1 tablespoon solid cooking fat (butter or coconut oil) or use 1 Tbsp garlic infused olive oil and 1 Tbsp onion infused olive oil
- 2 onions, cut into large chunks or use onion infused oil if FODMAP Sensitive - see above
- 4 cloves garlic, minced or use garlic infused oil if FODMAP Sensitive - see above
- 1" piece ginger, peeled and minced
- 2 tablespoons water or **Bone Broth**
- 1 teaspoon Celtic Gray Sea salt
- ½ teaspoon turmeric
- 2 cups chopped parsnips or turnips or Potatoes if FODMAP Sensitive
- 5 cups chopped butternut squash (about 1 small)
- ½ cup **dried apricots**, quartered
- ½ cup **kalamata olives**, pitted
- ½ lemon, juice and zest (a little of the lemon peel scraped) reserved
- 2 pounds organic or hormone/antibiotic free boneless, skinless chicken thighs
- Serve with any of the following:
 - Cilantro and cauliflower rice
 - Rice
 - Rice noodles
 - Miracle Noodles or Miracle Rice for those watching glucose management



INSTRUCTIONS

1. Add the solid cooking fat to the bottom of your Instant Pot and press the "saute" button. When the fat has melted and the pan is hot, add the onions, and cook, stirring, for about 7 minutes, or until lightly browned. Add the garlic and ginger and cook, stirring, for 30 seconds, or until fragrant. Turn off the heat.
2. Add the water, salt, and turmeric to the pot and stir to combine. Add the root vegetables, squash, apricots, olives, lemon juice, and zest, and stir to combine. Add the chicken thighs, nestling in the vegetables. Close and lock the lid and cook on "manual - high pressure" for 9 minutes.
3. When the timer goes off, use the "quick release" method to depressurize with a damp towel.
4. Serve on a bed of cauliflower rice (or spiralized vegetables) or Rice, Rice noodles, Miracle Noodles or Miracle Rice for those watching glucose management and topped with fresh cilantro.