

## Moroccan Roasted Chicken

Turmeric's active compound, Curcumin, has been used for centuries as a spice and potent antioxidant. It has been used to support healthy digestion, promote cardiovascular health, and support the immune system. It should definitely be a spice cabinet staple.

### Ingredients

3 to 4 butterflied (split) organic chicken breasts, bone-in and skin-on, or use 1 whole chicken, or use boneless chicken breasts  
 1 small red onion, cut into large chunks  
 1 lemon, cut into wedges  
 .5 cup dried apricots  
 .5 cup pitted dates  
 1 teaspoon sea salt  
 1 teaspoon ground cumin  
 1 teaspoon ground coriander  
 1 teaspoon ground cardamom  
 1.5 teaspoon ground black pepper  
 .5 teaspoon ground turmeric  
 .25 teaspoon cinnamon  
 4 garlic cloves, diced  
 2 to 3 tablespoons coconut oil



### Directions

Preheat oven to 425 degrees F. Place chicken in a single layer in a casserole dish. Place the onion chunks, lemon wedges, dates, and dried apricots around the chicken.

In a small bowl, mix together salt and spices. Sprinkle spice mixture over the chicken. Dot with coconut oil. Sprinkle on diced garlic. Roast for 20 minutes and using tongs, turn the chicken breast-down and roast for another 20 minutes until the skin is lightly browned. Use a thermometer to ensure that the chicken was cooked to 165 degrees fahrenheit. Slice chicken from the bone and serve it with the apricots, red onions, and juices at the bottom of the roasting dish. Garnish with chopped parsley or cilantro.

**Yield:** 6 to 8 servings

**Serving size:** 4 oz

**Time:** 1 hour 15 min