



# HEALTHY WORLD RECIPE

## Ethiopia: Tunisian Chicken

### Ingredients:

- 2 teaspoons coriander seeds
- 2 teaspoons caraway seeds
- 3/4 crushed red pepper
- 3/4 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1-1 1/4 pounds boneless, skinless chicken breast

### Preparation:

Grind coriander seeds, caraway seeds and crushed red pepper in a spice grinder (or mortar and pestle) until finely ground. Transfer to a small bowl and stir in garlic powder and salt.

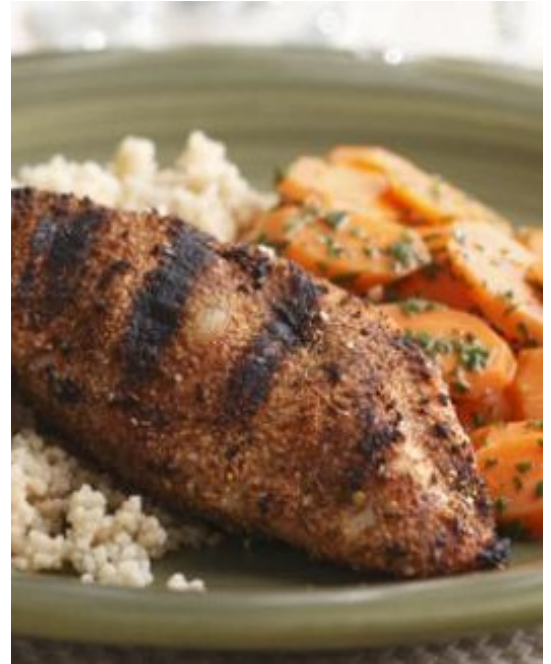
Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.

Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.

To grill: Oil the grill rack. Grill the chicken, turning once, 4 to 8 minutes per side.

To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil watching carefully and turning at least once, 10 to 15 minutes total.

*\*Make Ahead Tip: Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling and broiling.*



**Servings:** Makes 4 servings,  
1 & 1/2 cup each

**Prep time:** 20 minutes

**Cook time:** 15 minutes

**Nutrition Facts (per serving):**

225 calories, 12g fat, 32g carbohydrates, 4g added sugar, 10g protein, 4g fiber, 386mg sodium, 537mg potassium, good source of Vitamin C

Source: eatingwell.com



For more information contact a specialist at **800.932.0034** or email [askthepros@acispecialtybenefits.com](mailto:askthepros@acispecialtybenefits.com)

