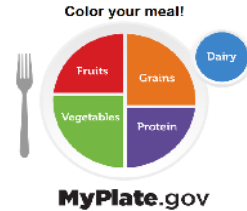




CHICKEN WITH APPLES AND RAISINS

 @Gleanersfan



Ingredients:

1 large onion

2 large carrots

2 medium apples

5 lbs skinless chicken pieces

2 tablespoons canola oil, divided

1 (15 oz) can low sodium broth

1/2 teaspoon ground black pepper

1/2 teaspoon salt

1 teaspoon ground cinnamon

1 teaspoon ground cumin

1/2 cup chopped nuts

1/4 cup fresh parsley or cilantro

2 small boxes of raisins.

Directions:

1. Dice onion, carrots and apples. Mince parsley or cilantro.
2. Mix cinnamon, coriander, cumin, 1/4 teaspoon salt, and pepper.
3. Rub chicken with spice mixture.
4. Heat a large skillet over medium heat and add a tablespoon of oil. Add onion, carrots and apples. Cook, stirring occasionally. Until brown. Transfer to a bowl.
5. Add remaining oil and brown evenly the chicken pieces 2-4 min per side. Add broth and bring to a simmer. Cook until chicken reaches 165°F internally. Mix together all the ingredients and bring to a simmer until almost all the liquid is gone.
6. 6. Top with nuts, herbs, and raisins. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits?

Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773


F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

 Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

 ممول جزئياً من قبل مجلس إدارة بنك الأغذية في ميشيغان
Michigan Department of Health and Human Services

¿TIENE UNA TARJETA BRIDGE?



**COMPRE \$1
OBTENGA \$1 GRATIS
FRUTAS Y VERDURAS**



HAVE A BRIDGE CARD?



**BUY \$1
GET \$1 FREE
FRUITS & VEGGIES**

DoubleUpFoodBucks.org/GetFresh

 [866.586.2796](tel:866.586.2796)

هل لديك "بطاقة الفود ستامب" BRIDGE CARD؟



**اشتر بقيمة 1 دولار
واحصل على 1 دولار مجانية
من الفواكه والخضراوات**



Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!