



## Quick Chicken Mole

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### Ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 ½ teaspoons cumin
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 (28-ounce) can diced tomatoes
- 1 (4-ounce) can diced green chiles
- 3 ounces dark chocolate, chopped
- 1 teaspoon tahini
- 1 tablespoon chopped cilantro
- Rotisserie chicken
- Garnish: sliced avocado and tomatoes

### Directions:

- Heat vegetable oil over medium heat in a large saucepan; add chopped onion, and cook for 3 minutes or until translucent. Add minced garlic, and cook for another minute.
- Stir in cumin, cinnamon, salt, and black pepper; cook for 1 minute. Stir in diced tomatoes and green chiles; simmer for 10 minutes. Stir in chopped chocolate and tahini until melted. Stir in cilantro; cool slightly.
- Process in a blender or food processor for 30 seconds or until smooth. (Add some water if sauce is too thick.) Spoon sauce over a rotisserie chicken. Garnish with sliced avocado and tomatoes; serve.

**Yield:** Makes 6 servings (serving size: 1/6 chicken and 2/3 cup sauce)

**Nutritional Information:** Calories 331 ; Fat 17g (sat 7g, mono 6g, poly 3g); Cholesterol 88mg; Calcium 73mg; Carbohydrate 14g; Sodium 555mg; Protein 32g; Fiber 5g; Iron 5mg

Recipe Source: *Health*, MAY 2010

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.