**Duck Tangine with Apricots and Pistachios**

2 tablespoons ground cumin

1 tablespoon ground ginger

1 tablespoon ground coriander

1 tablespoon ground cinnamon

½ tablespoon kosher salt

8 boneless duck breasts, cut in half and skin removed

2 tablespoons olive oil

2 medium onions, chopped

1 (14.5 ounce) can diced tomatoes, drained

2 cups cherry tomatoes

8 halved apricots, or 3 cups halved dried apricots

3 cups broth using Anne’s Old Fashion Chicken Base-measure accordantly to back of container

Fresh chopped parsley

Roasted and salted pistachios, garnish

Mix first 5 ingredients together in a large bowl. Add the duck breasts and toss to coat.

Heat olive oil to a large heavy bottomed pot or Dutch oven over medium high. Add coated duck breasts and cook until browned, about 2 minutes per side. Transfer to a plate.

Add onions to pot along with 2 tablespoons water. Cook, stirring often, until the onions are soft, about 5 minutes. Return the duck breasts to the pot along with canned tomatoes, cherry tomatoes, apricots and broth; bring to a boil.

Cover, reduce heat to low, and simmer until duck breasts are cooked thoroughly, 20-25 minutes.

Serve over the quinoa, topped with the parsley and pistachios.

Serves 8