



# Chicken With Veggie Couscous

Couscous is great to use in dishes and meals where you might typically use rice or pasta. It is a staple food commonly served in Morocco and North Africa, but it is also growing in popularity in France, Spain, Portugal, Italy, and Greece. Traditionally couscous is cooked using a steamer. The basket is placed on top of the main dish and it is allowed to absorb the flavors as it cook producing a fluffy flavorful side dish.

### CACFP CREDITING INFORMATION

1 drumstick, 1/3 cup (No. 8 scoop) mixed vegetables, and 1/4 cup (No. 16 scoop) couscous provides 1 1/2 oz equivalent meat, 1/4 vegetable, and 1/2 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Preheat oven to 400 °F.</li> </ol>
Nonstick cooking spray		1 spray		2 sprays	<ol style="list-style-type: none"> <li>2 Coat two extra-large skilletts, a flat top, or a griddle with nonstick cooking spray. Heat on medium–high heat.</li> </ol>
Chicken drumsticks, with bone and skin, raw (about 3.7 oz each)	5 lb 12 1/2 oz	25 drumsticks	11 lb 5 oz	50 drumsticks	<ol style="list-style-type: none"> <li>3 Brown chicken on all four sides, about 2–3 minutes per side.</li> </ol>
					<ol style="list-style-type: none"> <li>4 Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside.</li> </ol>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup		½ cup	<p><b>5</b> Roast vegetables: In a large bowl toss oil, spices, carrots, and onions. Transfer to steam table pan(s) (12" x 20" x 4"). Spread seasoned vegetables in a single layer in the steam table pan(s).</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Coriander, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cumin, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ginger, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cinnamon, dried, ground		2 tsp		1 Tbsp 1 tsp	
*Carrots, fresh, peeled, ¼" diced	1 lb 5 oz	1 qt ¾ cup	2 lb 10 oz	2 qt 1½ cup	<p><b>6</b> Roast uncovered in the oven until vegetables start to become tender, about 20 minutes. Remove from the oven. Do not turn oven off.</p>
*Onions, fresh, peeled ¼" diced	1 lb 1 oz	1 qt ¼ cup	2 lb 2 oz	2 qt ½ cup	
Lemon juice, fresh squeezed, seeds removed or bottled		1 cup		2 cup	<p><b>7</b> For 25 servings, mix lemon juice and 1 qt chicken broth together in a medium stockpot. For 50 servings, mix lemon juice and 2 qt chicken broth together in a large stockpot. Reserve remaining chicken broth for step 10 to cook the couscous.</p>
Chicken broth, low-sodium	64 fl oz (4 lb)	2 qt	128 fl oz (8 lb)	4 qt	
Olives, ripe, black, canned, drained, sliced	4 oz	1 cup	8 oz	2 cup	<p><b>8</b> Bring to a boil on medium–high heat, continue boiling for 5 minutes to reduce a small portion of the liquid. Remove from heat and pour the liquid over the partially roasted carrots and onions. Stir in olives.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>9</b> Place 25 chicken legs in each steam table pan with the vegetables and reduced liquid. Place steam table pan(s) back into the 400 °F oven and bake uncovered for 40–45 minutes.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Couscous, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<p><b>10</b> Prepare the couscous: In a large saucepan, add 1 quart chicken broth. Bring to a boil on medium-high heat on the stove. Stir in couscous and remove from the heat. Cover and let stand for 15–20 minutes. When done, couscous will be soft.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Mint leaves, fresh, chopped		2 Tbsp OR 25 leaves		¼ cup OR 50 leaves	<p><b>11</b> Fluff couscous with a fork and gently stir in the mint.</p>
					<p><b>12</b> Serve 1 drumstick with ⅓ cup ( No. 12 scoop) mixed vegetables and ¼ cup (No. 16 scoop) couscous.</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



**NUTRITION INFORMATION**

For 1 drumstick, 1/3 cup (No. 12 scoop) mixed vegetables, and 1/4 cup (No. 16 scoop) couscous.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>166</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	39 mg
<b>Sodium</b>	<b>120 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Carrots	1 lb 10 oz	3 lb 3 oz
Mature onions	1 lb 4 oz	2 lb 7 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Variations**

If chicken is frozen, defrost in the refrigerator. Hold raw chicken at 40 °F or lower.

Add hot chili sauce if desired. The addition of hot chili sauce will increase the amount of sodium in the recipe.

\*\*Traditionally couscous is cooked over broth and vegetables or water but for ease of preparation in the CACFP the cooking method was modified.

\*\*\*When taking temperature of raw chicken, do not touch the bone as it is hotter than the meat.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
3 lb 14½ oz chicken legs, 3 lb 14 oz mixed vegetables, 2 lb 5½ oz couscous	7 lb 13 oz chicken legs, 7 lb 12 oz mixed vegetables, 4 lb 11 oz couscous
25 chicken legs, 2 qt 1/3 cup mixed vegetables, 1 qt 2¼ cup couscous	50 chicken legs, 1 gal 2/3 cup mixed vegetables, 3 qt 1/2 cup couscous

