



Chicken With Veggie Couscous

Couscous is a staple food commonly served in North Africa but also growing in popularity in France, Greece, Italy, Portugal, and Spain. It is traditionally steamed. The basket is placed atop the main dish and allowed to absorb the flavors as it cooks, producing a fluffy, flavorful side dish.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 50 minutes

the INGREDIENTS

Nonstick cooking spray

6 chicken drumsticks, with bone and skin, raw (about 3.7 oz each)

1 tablespoon canola oil

½ teaspoon cinammon, dried, ground

1 teaspoon coriander, dried, ground

1 teaspoon cumin, dried, ground

1 teaspoon ginger, dried, ground

1⅛ cups carrots, fresh, peeled, ½" diced

1 cup onion, raw, ¼" diced

¼ cup lemon juice, fresh squeezed, seeds removed or bottled

2 cups chicken broth, low-sodium

¼ cup olives, black, ripe, canned, drained, sliced

½ cup couscous, uncooked

½ tablespoon mint leaves, fresh, chopped

the DIRECTIONS

1. Coat a small skillet with nonstick cooking spray.
2. Heat the skillet on medium–high heat. Brown chicken on all four sides, about 2–3 minutes per side.
3. Remove chicken from skillet and put on a plate; remove skin; cover, and set aside.
4. In the same skillet used to brown the chicken, heat oil on medium. Add cinnamon, coriander, cumin, and ginger to the skillet, and toast them while stirring continuously, about 2 minutes.
5. Add carrots and onion to skillet; continue cooking the vegetables and spices on medium heat for 3–4 minutes or until the onions are tender, but not brown.
6. Add lemon juice, 1 cup chicken broth, and olives to the skillet (reserve remaining chicken broth for step 9). Increase the heat to medium–high. Bring to a boil.
7. Return the chicken legs to the skillet, and return to a boil.
8. Reduce heat to medium–low. Cover and simmer for 20–25 minutes, until internal temperature of chicken reaches 165 °F.
9. Prepare the couscous: In a small saucepan, add 1 cup of 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 10 minutes. When done, couscous will be soft.
10. Fluff couscous with a fork, and gently stir in the mint.
11. Serve one drumstick, ⅓ cup mixed vegetables, and ¼ cup couscous.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1 drumstick, 1/3 cup mixed vegetables, and 1/4 cup couscous.

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

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

1 drumstick, 1/3 cup vegetable mix, and 1/4 cup couscous provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, 1/2 oz equivalent grains.

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CHEF TIPS

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 the cooking method was modified for ease of preparation in the CACFP.

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