



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.

CACFP CREDITING INFORMATION

1 drumstick, 1/3 cup (No. 12 scoop) mixed vegetables, and 1/4 cup (No. 16 scoop) couscous provides 1 1/2 oz equivalent meat, 1/4 cup vegetable, and 1/2 oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		2 sprays	2 Coat two extra-large skilletts, a flat top, or a griddle with nonstick cooking spray. Heat on medium-high heat.
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	3 Brown chicken on all four sides, about 2–3 minutes per side.
					4 Remove chicken from heat and place on a sheet pan. Remove skin, cover, and set aside.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup		½ cup	<p>5 Roast vegetables: In a large bowl toss oil, spices, carrots, and onions. Transfer to steam table pan (12" x 20" x 4"). Spread seasoned vegetables in a single layer in the steam table pan.</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 1 ½ cup	<p>6 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>7 For 25 servings, mix lemon juice and 1 qt chicken broth together in a medium stockpot.</p> <p>For 50 servings, mix lemon juice and 2 qt chicken broth together in a large stockpot.</p> <p>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	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olives, ripe, black, canned, drained, sliced	4 oz	1 cup	8 oz	2 cup	<p>8 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>
					<p>9 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>10 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>11 Fluff couscous with a fork and gently stir in the mint.</p>
					<p>12 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.

NUTRIENTS	AMOUNT
Calories	166
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
Vitamin D	N/A
Calcium	29 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
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

25 Servings	50 Servings
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

