

**HAITIAN
SPICE
CHICKEN**

CHICAGO, IL

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PREP TIME: 10 MIN TOTAL TIME: 45 MIN SERVES: 4

INGREDIENTS

- 8 chicken drumsticks
- 2 cups brown rice
- 1 cup black beans
- ½ cup canned pineapple chunks (1 cup juice reserved)
- 4 tablespoons soy sauce
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon allspice
- 1 teaspoon turmeric

DIRECTIONS

- 1 Preheat oven to 350° F. Combine cumin, garlic powder, allspice, 1 cup of reserved pineapple juice and 2 tablespoons soy sauce in a pan. Add drumsticks and toss to coat. Marinate overnight.
- 2 Remove chicken from marinade and place chicken in a baking dish. Bake until internal temperature reaches 165° F (about 25 minutes).
- 3 Meanwhile, boil rice in 1 cup of water for 15 minutes. Remove from heat and cover.
- 4 In a separate pan, combine beans and remaining soy sauce. Cook at low heat for 5 minutes.
- 5 Add turmeric to rice and fluff with fork. Add beans and pineapple to rice and mix to combine.
- 6 Serve and enjoy!