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!