



RECIPE OF THE WEEK

This One-Pan Moroccan Chicken Drumsticks with Beans & Rice recipe is so fragrantly delicious, your family will think you spent hours in the kitchen cooking. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this quick, easy, flavorsome, and nutritious meal is a crowd-pleaser.



ONE-PAN MOROCCAN CHICKEN DRUMSTICKS WITH BEANS AND RICE

Nutritional Facts:

Chicken is a great source of lean protein, iron, phosphorus, and potassium. While garbanzo beans, onion, currants or cranberries, and rice together are high in fiber; iron, calcium, potassium; antioxidants; manganese; magnesium; and vitamins A, B, C and K. Cinnamon, cumin, coriander, and chili are also full of antioxidants, vitamin C, calcium, zinc, copper, phosphorus, flavonoids, and other beneficial compounds.

All this helps digestive and heart health; blood pressure and cholesterol levels, reduces inflammation; boosts immunity and energy levels, as well as protects against osteoporosis, cancer, and diabetes.

Ingredients:


8 chicken drumsticks	1 tsp. ground turmeric or ground coriander
2 1/2 teaspoon kosher salt, divided	1/2 cup white rice
1 tsp. freshly ground black pepper	1 (15-oz.) can garbanzo beans, drained, rinsed
3 Tablespoon extra-virgin olive oil	1/2 cup dried fruit (currants, or cranberries (optional))
1 onion, finely chopped	1/2 tsp. crushed red pepper flakes
1 teaspoon ground cinnamon or cumin	1/4 cup coarsely chopped cilantro or parsley


Instructions

1. Season drumsticks on all sides with 2 teaspoons salt and 1 teaspoon of black pepper.
2. Heat oil in a large deep-sided skillet over medium-high. Add chicken and cook, turning once halfway through, until skin is golden brown, about 10 minutes total. Transfer to a plate.
3. Add onion, cinnamon, and turmeric to fat in skillet and cook over medium-high heat, stirring constantly, until fragrant, about 1 minute. Add rice and stir to coat. Add 1 1/4 cups hot water, scraping up browned bits from pan, then stir in chickpeas, dried fruit, red pepper, and remaining 1/2 teaspoon of salt. Place chicken back into skillet and bring liquid to a boil. Immediately reduce heat to low, cover, and cook until rice is tender, and chicken is cooked through, 20–25 minutes.
4. Remove from heat and let sit for 5 minutes. Fluff rice with a fork, then scatter herbs over.

Serve, Eat & Enjoy!

Recipe adapted from: www.epicurious.com

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