

SPOTLIGHT RECIPE

SUMAC-ROASTED CHICKEN OVER RICE

SERVES 12



INGREDIENTS

For the chicken

- 2 ounces lemon juice
- 3 tablespoons fresh cilantro, chopped
- 2 tablespoons ground sumac
- 2 tablespoons canola
- 1 tablespoon salt
- 12 chicken thighs, skinless, boneless

For the turmeric rice

- 2 ounces canola oil
- 1 cinnamon stick
- 4 pieces cardamom
- 1/4 cup onion, finely diced
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 tablespoon ground turmeric
- 4 cups jasmine rice, rinsed
- 6 cups chicken broth, low-sodium
- 1 bay leaf

DIRECTIONS

For the chicken

In a mixing bowl, combine the lemon juice, cilantro, sumac, canola oil and salt. Whisk until combined. Pour the mixture over the chicken thighs; toss to coat the chicken evenly with the marinade. Cover the marinated chicken and refrigerate for 24 hours.

Preheat the oven to 375 F.

Remove the chicken from the refrigerator and lay it out on a baking tray. Place the tray in the preheated oven and cook for 30 to 35 minutes or until the internal temperature reaches 165 F. Remove from the oven and keep hot until ready to serve.

For the turmeric rice

In a medium pot over medium heat, add the canola oil. Place the cinnamon stick and cardamom into the pot and let toast for 1 minute.

Add the onion, garlic and 1 teaspoon of salt. Let cook for 2 minutes, and then add turmeric. Let cook for 1 minute, and then add the rice.

Stir until combined. Add the chicken broth and the bay leaf. Cover the pan, increase the heat and bring to a boil.

Reduce the heat. Allow to simmer for 20 minutes or until the liquid is absorbed.

Remove from the heat and keep hot until ready to serve.

Side dishes

Shredded Lettuce • Chopped Tomato • Tzatziki

