

Katherine Ingerson



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Entry details

Entry Name: Spicy Tunisian Grilled Chicken with Green Harissa

Institution Name: University of Georgia

Entry Completed By (*name and position*): Katherine Ingerson, Director of Nutrition

Email Address: ingerson@uga.edu

Phone Number: +17064246773

Address: 790 S Lumpkin Street

City: Athens

State: Georgia

Zip Code: 30602

Country: United States of America

Essay:

The University of Georgia Dining Services serves 15,200 students on a 100% voluntary meal plan. Students choose to attend the University of Georgia over other universities due our strong food allergen program and accommodations. The Spicy Grilled Tunisian Chicken with Green Harissa recipe is featured on our allergen-free station within our largest dining commons at the University of Georgia, Bolton Dining Commons which seats 970 and serves an average of 7,120 students on weekdays. Bolton's allergen-free line, Special Selections is open 7 days per week and serves lunch and dinner menu items free of gluten and the top-9 food allergens (wheat, dairy, egg, soy, fish, shellfish, tree nuts, peanuts, and sesame).

The Spicy Grilled Tunisian Chicken with Green Harissa is a recipe developed specifically for the allergen-free station. It is a vibrant dish featuring chicken coated in a blend of ten fragrant North African spices. We use locally processed chicken, highlighting Georgia's reputation as the "chicken capital of the world." The chili and cayenne add a layer of heat, while the ancho chili adds a mild almost sweet fruitiness. The Green Harissa is made in-house with a variety of peppers that are roasted and blended with fresh herbs. It has a fresh, citrusy heat with a hint of sweetness. The chicken is marked on the chargrill, resulting in a smoky, spice-rich based flavor profile. Topping the chicken with the Green Harissa brings heat, spice, fresh flavors, and acid. Together the two combine into a very nice, round completed flavor profile.

Whole fresh ingredients provide anti-inflammatory health benefits from spices and fresh herbs. Turmeric, coriander, cinnamon, paprika, chili, cayenne, and ancho have antioxidant properties that provide benefits from fighting inflammation to supporting metabolism. Cilantro and parsley are rich in vitamins A, C, and K, while chiles are a good source of vitamin C. Garlic aids heart health and immune function and olive oil provides heart healthy monounsaturated fat. The dish provides a lean source of complete protein and meets several of our special diet requirements: halal, free of gluten, and free of the top-9 food allergens.

Online menus and digital menu tags are marked with nutrition symbols and food allergens to help guide food choices. Our dietitians also promote special recipe menu items whenever they conduct food allergy tours or interact with potential students.

The main challenge of this dish is procuring the halal chicken. To maintain halal standards and support inclusivity, we work with a provider who delivers chicken to our only area twice per week. This limited delivery structure is not compatible with our automated ordering system, requiring us to place orders manually. As a result, the process is more time-consuming and increases the potential margin of error. Financially, the dish is cost-effective. Many of the spices called for in the recipe are purchased whole and grinding them in-house helps reduce overall costs. Being located near the "chicken capital of the world" results in lower cost in halal chicken.

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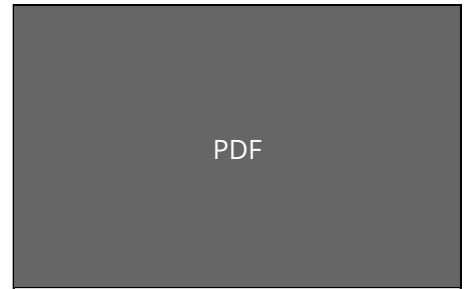


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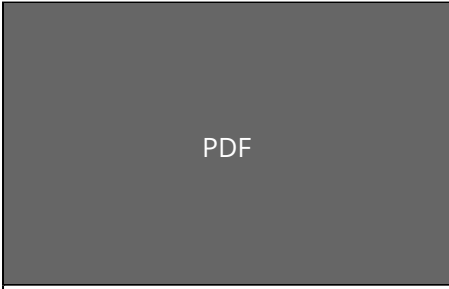
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