

AT THE GROCERY STORE

- Buy whole chickens when they are on sale. Cut up and put smaller packages at home. Wrap tightly in freezer paper or heavy foil, date and freeze.
- When comparing costs, consider cost per serving, not just cost per pound. Some packages have more bones and fat than others.



Chicken Part: _____ Serving per pound:

Chicken Wings 1-1/2

Drumsticks or breasts with bone 2-1/2

- When at the checkout, ask that chicken be put in a separate plastic bag.
- Immediately get the chicken home and into the refrigerator or freezer.

KEEPING CHICKEN SAFE

- Place the packaged chicken in a bowl so the juices do not drip onto other foods.
- Keep raw chicken in the refrigerator no more than 2 days.
- Freeze chicken immediately if you won't use it in 2 days. (Frozen whole chicken will keep one year. Pieces will keep 9 months.)
- NEVER thaw chicken on the counter.
- Thaw chicken in the refrigerator, microwave, or cold water method. (See insert)
- Use hot soapy water to wash knives, cutting boards, and counter tops after touching raw chicken. Rinse and sanitize with dilute bleach solution (s tsp. Bleach in 4 cups water).
- The platter and utensils that have touched raw chicken should not be used for cooked chicken or any other food unless they are washed first as described above.
- Cook chicken until well done, 180 °. When poked with a fork, juices should be clear, not pink.
- Cover and refrigerate leftover chicken immediately.



WNEP Education is supported by the USDA Food Stamp Program, UW-Extension, and local partners. Food Stamps can help provide a healthy diet. To find out more about food stamps, call (715) 537-5691. An EEO/Affirmative Action employer, University of Wisconsin Cooperative Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Call 715-537-6250.

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Chicken

What you need to know



Wisconsin Nutrition Education Program

Barron County UW-Extension

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Barron, WI 54812-1567

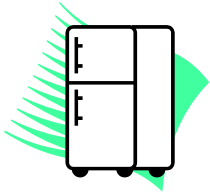
(715) 537-6250

Family Living Programs-Cooperative Extension-University of Wisconsin-Extension

Thawing Chicken Safely

NEVER thaw poultry on the counter.
Always cook to internal temperature of 180 degrees.
Use a thermometer for accuracy.

Refrigerator – best method and recommended most often.



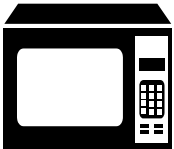
Allow approximately 5 hours per pound.
Keep wrapped and on the bottom shelf.
Place on a platter to collect raw drippings.

Cold Water – faster than refrigerator method.



Allow approximately 1 hour per pound.
Place chicken in watertight plastic bag.
Use cold water to cover chicken.
Change water every 30 minutes.

Microwave - difficult to determine time needed.



Use Defrost or Medium-low setting.
Microwave 2 minutes; let stand 2 minutes.
Repeat as often as needed.
Cook immediately – do NOT refrigerate for later use.

Know your Chicken

The age (class) of the chicken determines its tenderness and how it should be cooked.

Class	Age:	Weight:
Fryers/Broilers (tender)	7-9 wks	1 ½ - 4 ½ lbs.
Roasters (on rack to drain fat)	14 weeks	5-7 lbs.
Capons (very tender)	16 weeks	4-7 lbs.
Stewing Chickens (slow cooking)	40+ weeks	2 ½ - 8 lbs.
Hens (tough)	Old birds	4 ½ - 6 lbs.

Menu Idea: Chicken Nuggets, Corn, Applesauce Oatmeal Muffins, Low-Fat Milk

Easy Chicken Nuggets

Make 4 servings

300 calories, 38 g. carbohydrates, 60 mg. Cholesterol, 3 g. fiber,
29 g. fat, 650 mg. Sodium

1 pd. Boneless, skinless chicken breasts, cut into 1 inch pieces
½ cup honey mustard or Italian dressing
4 cups whole-grain flaked cereal or corn flakes cereal, crushed
(about 1 ½ cups)

Heat oven to 425 degrees. Spray jelly roll pan, 15 ½ X 10 ½ X 1 inch, with nonstick cooking spray. Dip chicken pieces into mustard, then roll in cereal until well coated. Place in pan. Bake about 10 minutes until no longer pink and internal temperature of 180 degrees.