

At the Grocery Store

- Buy large packages of chicken when they are on sale. Put in 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.



<u>Chicken Part</u>	<u>Servings per pound</u>
chicken wings	1-1/2
drumsticks <u>or</u> breasts with bone	2-1/2

- Separate chicken from other foods in your grocery cart by putting the package of chicken in a plastic bag.
- Immediately get the chicken home and into the refrigerator or freezer.

Keeping Chicken Safe

- In the refrigerator, place the packaged chicken in a bowl and place on the bottom shelf 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.
- Thaw chicken in the refrigerator or microwave. Chicken thawed in the microwave should be cooked immediately. Never thaw chicken on the counter.
- Use hot soapy water to wash knives, cutting boards, counter tops and hands after touching raw chicken.
- Wash the platter and utensils that have touched raw chicken with hot soapy water before using them for cooked chicken or any other food.
- Cook chicken until well done. All juices should be clear, not pink.
- Cover and refrigerate leftover chicken immediately.

Wisconsin Nutrition Education Program

Chicken

What You Need to Know & Favorite Recipes

Chicken can be a delicious, low cost meal!



There are many ways to prepare chicken.

MyPyramid Helps Build a Healthy Diet



Chicken Can Be Part of a Healthy Diet

Chicken is part of the Meat Poultry, Fish, Dry Beans, Eggs and Nut group.

5-1/2 ounces per day are recommended from this group.

Chicken provides high quality protein, vitamins, and minerals needed for good health.

Low fat cooking tips:

- Eat chicken without the skin.
- Bake, broil, or grill chicken instead of frying.

A recipe calls for cooked chicken . . . How do I do it?

Cooked Chicken

(For salads, sandwiches and casseroles)

1 chicken, whole or cut up	3 stalks celery (optional)
2 cups water	1 teaspoon salt
1 small onion (optional)	1/4 teaspoon pepper

1. Put chicken in a kettle. Add water and remaining ingredients.
2. Bring to a boil. Cover tightly. Reduce heat and simmer one hour or until fork tender.
3. Remove from heat and strain broth. Refrigerate chicken and broth separately.
4. When chicken is cool, remove and throw away skin and bones. Cut meat into chunks. Use or refrigerate immediately. A 3 pound chicken will provide about 2-1/2 cups cooked diced chicken and about 2 cups broth.
5. You may use cooked chicken instead of red meat in many of your favorite recipes.

Using broth

- Fat will float to the top of refrigerated broth. Take it off and throw it away.
- Use broth and part of the cooked chicken to make soup.
- Freeze broth in freezer containers or ice cube trays. Put frozen cubes into freezer bags. Use in recipes calling for broth.

Not all chicken is low in fat

The way a food is prepared makes a difference. Compare the number of teaspoons of fat in these portions of chicken. (Each teaspoon equals 4 grams of fat.)

Baked chicken without skin (3 ounces)



Breaded, fried chicken nuggets (3 ounces)



Fried chicken with skin (3 ounces)



2 chicken hot dogs (3 ounces)



Menu Idea

Picnic Chicken Salad
Corn
Peach Slices
Milk

Any Day's a "Picnic" Chicken Salad

Makes 6 Servings
177 calories and 8 grams of fat per serving

2-1/2 cups diced, cooked chicken
1/2 teaspoon salt
1/2 cup chopped celery (optional)
1/4 cup chopped onions (optional)
2 Tablespoons chopped pickle or relish
1/2 cup light mayonnaise

1. Combine all ingredients
2. Refrigerate until serving. Use within 1 - 2 days.
Chicken Salad does not freeze well.

How to use

1. Make chicken salad sandwiches.
2. Make a pasta salad by mixing with 2 cups cooked pasta.
3. Kids will love this salad served in a tomato or a cucumber boat!

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Baked Chicken & Vegetables
Bread
Baked Apple
Milk

Baked Chicken with Vegetables

Makes 6 Servings
278 calories and 6 grams of fat per serving

4 potatoes, cut up
6 carrots, cut up
1 large onion, quartered
1 raw chicken, cleaned and cut up. Remove skin.
1/2 cup water
1 teaspoon thyme
1/4 teaspoon pepper

1. Preheat oven to 400°.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put cut up chicken on top of vegetables.
4. Mix water, salt, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400° for one hour or more until browned and tender.

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