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Cooking with Chicken

Try these quick and easy ways to add chicken to your meals!



- Cut raw chicken into bite-sized pieces, cook and use as toppers for salad and pasta. Or use a fork to shred cooked chicken to use in recipes like Foodhero.org's **Chicken Enchilada Soup**.
- Try a new seasoning! Rosemary, thyme, basil, tarragon or garlic powder tastes great on chicken.
- Serve homemade **Crunchy Chicken Nuggets** (recipe on back) with veggie sticks and low-fat dip!

Vegetarian Recipe Substitution

- Substitute 1 cup of tofu, cooked beans or lentils for every 1 cup of cooked meat in a recipe.
- If a recipe calls for meat in pounds, use 2-2 ½ cups of tofu, cooked beans or lentils per pound of raw meat in the recipe.

Stay Connected



Kids Can...

- ✿ choose a vegetable to serve with chicken.
- ✿ top their salad with shredded or bite-size chicken pieces.
- ✿ set a timer for cooking chicken.



Safety First with Chicken



- Sanitize knives, cutting boards and countertops after preparing chicken.
- Wash hands before and after handling raw meat.
- Cook chicken to 165° F.
- Refrigerate leftovers within 2 hours.

Monthly Food Hero Checklist

- Try a new seasoning on chicken.
- Have kids top salads with chicken.
- _____



FoodHero.org

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Crunchy Chicken Nuggets



Ingredients

Barbeque Sauce

- 1/4 cup **ketchup**
- 1/4 teaspoon each **black pepper, salt, oregano, basil, and thyme**
- 1 teaspoon **paprika**
- 1 teaspoon **parsley**
- 2 tablespoons finely chopped **yellow onion**
- 1 1/2 tablespoons **light brown sugar**
- 1 tablespoon **apple cider vinegar**
- 1 teaspoon **dijon mustard**
- 1 1/2 teaspoons **worcestershire sauce**
- 1/2 teaspoon minced **garlic**

Serving Size: 3 ounces
Prep time: 30 minutes
Cooking time: 20 minutes



Chicken

- 1 pound boneless, skinless **chicken breasts**, cut into 1-inch cubes
- 3 cups **whole wheat fortified cereal flakes**

Directions

1. Preheat oven to 375 degrees.
2. Mix barbecue sauce ingredients in a large bowl.
3. Add chicken to bowl and coat in barbecue sauce.
4. Pour cereal flakes into a large plastic bag and crush into small pieces.
5. Place chicken pieces in the bag, reseal, and toss to coat.
6. Lightly coat a baking sheet with cooking spray.
7. Arrange coated chicken pieces on the baking sheet.
8. Bake until crispy and golden brown and chicken is no longer pink inside, about 18-20 minutes.
9. Refrigerate leftovers within 2 hours.

Notes

- May substitute 1/2 cup store-bought barbecue sauce for the sauce ingredients.
- For a dipping sauce, mix 1/4 cup mayonnaise, 1 tablespoon honey, and 1 tablespoon whole-grain mustard.
- Honey is not recommended for children under 1 year old.

Nutrition Facts	
Serving Size about 3 ounces (117g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 440mg	18%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 18g	
Vitamin A 15%	Vitamin C 70%
Calcium 2%	Iron 70%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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