



Give Them More
of the
Good Stuff!

Chicken Basics



Shop and Save

- ✿ Whole raw chicken usually costs less per pound than cut pieces.
- ✿ Boneless, skinless pieces cost more but may save time and waste.
- ✿ Bulk packages of chicken pieces may cost less per pound than smaller packages.
- ✿ Watch for sale prices. Stock up if you can cook or freeze your purchase within a few days.
- ✿ Pre-cooked chicken is a great timesaver. Look for roasted or rotisserie chicken in deli sections or canned chicken near other canned meats or fish.
- ✿ Ground chicken is another option for quick meals.

Chicken is a lean protein that works well in a variety of dishes.



Keep it Safe!

Use these tips to avoid food-borne illness.

- ✿ Eat or refrigerate pre-cooked chicken within 2 hours of purchase.
- ✿ When shopping, keep raw chicken cold by adding it to your cart just before checkout.
- ✿ Store raw chicken away from other food, especially raw fruits and vegetables.
- ✿ Thaw in the refrigerator and use a container to catch any liquids. For faster thawing, cover the package with cold water or use the microwave on defrost, then cook immediately.
- ✿ Do not wash raw chicken because it can spread bacteria to any surfaces the water touches.
- ✿ After handling raw chicken, wash your hands thoroughly with warm water and soap. Wash utensils and surfaces with hot, soapy water.
- ✿ Cook chicken to at least 165 degrees F, measured with a food thermometer at the thickest part.
- ✿ The cooked meat of frozen chicken can sometimes appear dark near the bone. It is safe to eat.

Store Well Waste Less

- ✿ **Refrigerator:** Use raw chicken within 1 to 2 days and cooked chicken within 3 to 4 days.
- ✿ **Freezer:**
 - Freeze raw chicken for 9 to 12 months for best quality.

- Wrap pieces separately for easy thawing of just what you need. Place all pieces in a labeled freezer container.
- Freeze cooked chicken in recipe-sized portions and use within 2 months for best quality.



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We're on:



Enjoy Chicken

Chicken, Broccoli and Cheese Skillet Meal



Ingredients:

- 1 pound boneless, skinless **chicken breast**, cut into bite-sized pieces
- 2 teaspoons **vegetable oil**
- 1 ¼ cups low-sodium **broth** (chicken or vegetable)
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **black pepper**
- ½ teaspoon **garlic powder** or 2 cloves **garlic**, minced
- 2 cups small shell **pasta**, uncooked
- 2½ cups chopped **broccoli** (fresh or frozen)
- 1 cup (4 ounces) shredded **cheddar cheese**

Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. In a medium skillet over medium-high heat (350 degrees F in an electric skillet), sauté chicken in oil until lightly browned, about 2 to 3 minutes.
4. Add broth, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
5. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, about 15 to 20 minutes. Add a small amount of water or broth near the end of the cooking time if needed to prevent sticking.
6. Add cheese during last two minutes of cooking.
7. Refrigerate leftovers within 2 hours.

Makes 7 cups

Prep time: 15 minutes

Cook time: 30 minutes

Rice Bowl Southwestern Style



Ingredients:

- 1 teaspoon **vegetable oil**
- 1 cup chopped **vegetables** (try a mixture: bell peppers, onion, corn, tomato, zucchini)
- ¼ teaspoon **salt**
- 1 cup cooked **brown rice**
- 1 cup **cooked meat** (chopped or shredded), beans or tofu
- ¼ teaspoon *each* **garlic powder, oregano and cumin** (optional)
- 2 Tablespoons **salsa**, shredded **cheese** or low-fat **sour cream**

Directions:

1. Wash hands with soap and water.
2. In a medium skillet, heat oil over medium-high heat (350 degrees F in an electric skillet). Add vegetables and salt. Cook until tender-crisp, about 3 to 5 minutes.
3. Add cooked rice; cooked meat, beans or tofu; and garlic powder, oregano and cumin, if desired. Heat through.
4. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 15 minutes

Cook time: 10 minutes

Visit FoodHero.org for more easy, delicious recipes using chicken.

Quick Fix: Easy Ways to Enjoy Chicken

- ✿ Roast whole with Food Hero's *Roasted Whole Chicken* recipe.
- ✿ Braise boneless chicken with Food Hero's *Skillet-Braised Chicken* recipe.
- ✿ Use a slow cooker for tender, flavorful meals.
- ✿ Grill to add a smoky flavor.
- ✿ Shred cooked chicken for tacos, soups or sandwiches.
- ✿ Add to stir-fries, salads, grain bowls, casseroles and more.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ adjust the temperature on the stove.
- ✿ measure ingredients and stir things together.
- ✿ wash veggies or cut cooked meat.