



Give Them More  
— of the —  
Good Stuff!

# Chicken Basics

## Shop and Save

- ✿ Whole raw chicken may be cost less per pound but some parts have little meat.
- ✿ Large bulk packages of pieces may be cheaper per pound than smaller packages.
- ✿ Boneless, skinless pieces cost more but save time and have the least waste.
- ✿ Watch for sale prices. Stock up if you can cook or freeze within a few days.
- ✿ Check the 'sell-by' date on the package for best quality.
- ✿ 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.
- ✿ Chicken is also available as raw ground meat.

*Chicken is a lean, low-cost protein source.*



## Keep it Safe!

You can't see, smell, or taste harmful bacteria that may cause illness. Cold temperatures limit their growth and thorough cooking destroys them.

- ✿ Eat or refrigerate pre-cooked chicken within 2 hours of purchase.
- ✿ Keep raw chicken cold from store or market to home; add to your cart just before check-out.
- ✿ Keep raw chicken away from other food, especially raw fruits and vegetables.
- ✿ Thaw in the refrigerator; use a container to catch any liquids. To thaw faster, cover package with cold water or microwave on defrost; cook immediately.
- ✿ Do not wash chicken; it can spread bacteria to all surfaces the water touches.
- ✿ Use hot soapy water to wash hands and all surfaces and utensils that touch raw chicken.
- ✿ Cook chicken thoroughly. It should reach at least 165 degrees F in 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

- Refrigerate raw chicken and use within 1 to 2 days for best quality.
- Refrigerate cooked chicken for up to 3 or 4 days. Freeze for longer storage; package in recipe-sized amounts; use within 2 months for best quality.

- Freeze raw chicken to store for 9 to 12 months.
  - Wrap each piece in plastic wrap or a sandwich bag to make it easy to thaw only the amount you need. Combine wrapped pieces in a resealable freezer bag. Label and date the package.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Cooking with Chicken

## Chicken, Broccoli & Cheese Skillet Meal

### Ingredients:

- 1 pound boneless, skinless **chicken breast**
- 2 teaspoons **oil**
- 1¼ cups **water**
- 1 teaspoon **chicken bouillon**
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **pepper**
- ½ teaspoon **garlic powder** or 2 cloves **garlic**, minced
- 2 cups small shell **pasta**, uncooked
- 2½ cups **broccoli**, chopped (fresh or frozen)
- 1 cup (4 ounces) **cheddar cheese**, shredded

### Directions:

1. Cut chicken breast into bite-sized pieces. Sauté pieces in oil in a medium skillet over medium-high heat until lightly browned, 2 to 3 minutes.
2. Add water, bouillon, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
3. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, 15 - 20 minutes. Add a small amount of water near end of cooking if needed to prevent sticking.
4. Add cheese during last two minutes of cooking.
5. Refrigerate leftovers within 2 hours.

**Makes** 7 cups

**Prep time:** 15 minutes

**Cook time:** 30 minutes



At least 70% of kid taste testers 'Liked!' the taste.



Visit [FoodHero.org](https://www.foodhero.org) for more easy, delicious recipes using chicken.

## Rice Bowl Southwestern Style

### Ingredients:

- 1 teaspoon **oil**
- 1 cup chopped **vegetables** (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup **cooked chicken**
- 1 cup cooked **brown rice**
- 2 Tablespoons **salsa**, shredded **cheese** or low-fat **sour cream**

### Directions:

1. In a medium skillet, heat oil over medium-high heat. Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
2. Add cooked chicken and cooked rice to skillet and heat through.
3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
4. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 15 minutes

**Cook time:** 10 minutes



## Skillet-Braised Chicken

Moist, tasty chicken for any recipe using **cooked chicken**:

1. **Pound** to an even thickness – about 1 inch. Cover boneless, skinless pieces with plastic wrap and use a heavy skillet or can to flatten. Lightly season as desired.
2. **Sauté** 1 minute per side in a lightly oiled skillet over medium-high heat. Pieces will be lightly browned.
3. **Cover** skillet with a tight-fitting lid. **Reduce** heat to low; cook for 10 minutes. Do not lift lid.
4. **Turn off heat.** Let rest for 10 minutes without removing lid.
5. **Check temperature.** If below 165 degrees F in thickest part, return to low heat until temperature reaches 165 degrees.
6. **Refrigerate** leftovers within 2 hours or freeze for longer storage.



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 and chop veggies or cooked meat.**