

## Food Safety Tips

### PURCHASING

- Avoid choosing poultry that is grey or brown in color or smells rancid.
- The fat of the chicken should be white with no dark spots.
- Make sure the packaging is in-tact and is not leaking juices.

### STORAGE

- Store raw chicken in a refrigerator (below 40°F) for 1-2 days, or store in freezer for up to 9 months.
- Thaw raw chicken on the bottom shelf of your refrigerator in a container.
- For every 5 lbs. of chicken, thaw in refrigerator for 24 hours.

### PREPARATION

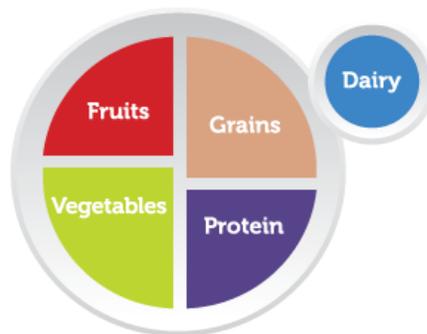
- Prepare fresh produce and poultry on separate cutting boards to prevent cross-contamination. Clean utensils used before and after each use.
- Cook your chicken to an internal temperature of 165°F. Use a meat thermometer to check temperatures if available.

### LEFTOVERS

- Place leftovers immediately in refrigerator in shallow containers.
- Use cooked chicken within 3-4 days.

## Nutrition Information

Chicken is packed with protein, vitamins, and minerals. Protein can help build muscle and strengthen your immune system. One serving of chicken is about 3 oz, or about the size of your palm. The recipes provided easily fit into a complete MyPlate meal!



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## Additional Recipes

From: **Everyday Healthy Meals Cookbook**

[http://cachampionsforchange.cdph.ca.gov/Documents/Eat%20Healthy/Recipes/\\_English%20Cookbooks/Everyday-Healthy-Meals-Cookbook.pdf](http://cachampionsforchange.cdph.ca.gov/Documents/Eat%20Healthy/Recipes/_English%20Cookbooks/Everyday-Healthy-Meals-Cookbook.pdf)

### Grilled Chicken Vegetable Kabobs

Makes 4 servings. 1 skewer per serving.

### Vegetable Chicken Enchiladas

Makes 4 servings. 2 enchiladas per serving.

### Chicken and Dumplings

Makes 6 servings. 1¼ cups per serving.

# CHICKEN DINNERS

*3 quick and easy chicken recipes that are full of nutrition!*



## Chicken & Veggie Skillet

Makes 4 servings.  
1 cup per serving.  
Prep time: 5 minutes Cook time: 25 minutes

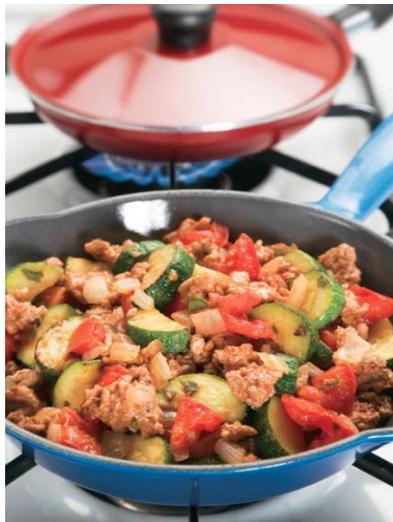
### Ingredients:

Nonstick cooking spray  
1 pound chicken breast  
1 medium onion, peeled and chopped  
3 tomatoes, chopped  
3 tablespoons tomato paste  
1 teaspoon each: dried basil, oregano, and garlic powder  
½ teaspoon salt  
¼ teaspoon ground black pepper  
2 medium zucchini, sliced into ½ inch pieces

### Directions:

1. Spray nonstick cooking spray in a large skillet.
2. Cook chicken breast over medium heat until it is cooked through (165°F), about 10 minutes.
3. Remove chicken from pan and dice. Return to pan.
4. Add onion, tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes, stirring occasionally.
5. Add zucchini and cook for 5 minutes more. Serve while hot.

*Nutrition information per serving: Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg*



## Rosemary Lemon Chicken with Vegetables

Makes 4 servings.  
½ chicken breast and 1 cup vegetables per serving.  
Prep time: 10 minutes Cook time: 25 minutes

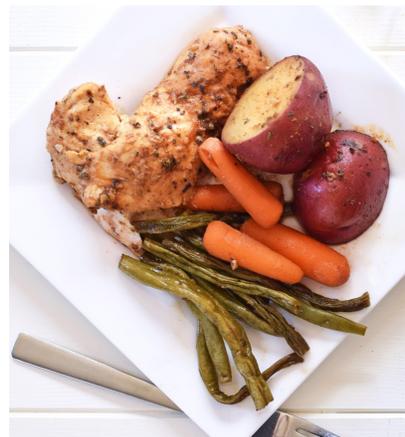
### Ingredients:

½ pound small red potatoes, rinsed and cubed (1/2 inch)  
1½ cups baby carrots or large carrots chopped into 1/2 inch pieces  
1 cup green beans, trimmed (fresh or frozen)  
2 boneless, skinless chicken breasts, halved  
1 tablespoon olive oil  
¼ cup lemon juice, divided  
2 tablespoons honey  
1 tbsp. chopped fresh rosemary or 1 tsp. dried rosemary  
1 teaspoon grated lemon peel  
¼ teaspoon ground black pepper

### Directions:

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve

*Nutrition information per serving: Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg*



## Stuffed BBQ Chicken Bell Peppers

Makes 6 servings.  
1 stuffed bell pepper shell half per serving.  
Prep time: 10 minutes Cook time: 25 minutes

### Ingredients:

¾ pound ground chicken  
1 large onion, peeled and chopped  
1 medium green bell pepper, seeded and chopped  
1 (14½-ounce) can no salt added diced tomatoes  
1 cup low-sodium canned black beans, drained and rinsed  
½ cup prepared barbecue sauce  
1 teaspoon garlic powder  
3 bell peppers (any color)

### Directions:

1. Brown ground chicken in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon chicken mixture into bell pepper shells and serve.

*Nutrition information per serving: Calories 209, Carbohydrate 28 g, Dietary Fiber 7 g, Protein 17 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 404 mg*

