

COMMODITY FOODS

CHICKEN, FROZEN



Storage

- ◆ Store frozen chicken and turkey in the freezer.
- ◆ For best quality, use frozen chicken or turkey within 6 months.
- ◆ After cooking, remove meat from the bones and store in a covered container in the refrigerator. Use within 3-4 days.

Cooking

- ◆ Thaw frozen chicken or turkey in the refrigerator – chicken thaws in about 1 day and turkey 1 to 3 days depending on size.
- ◆ **Do not rinse chicken.** This may spread bacteria to other foods and surfaces.
- ◆ Cook within 24 hours once thawed. Cook thoroughly using a thermometer to test the doneness. Insert thermometer into thickest part of thigh, do not touch bone. When thermometer reads 165°F, the chicken is ready to eat.

Uses & Tips

- ◆ Use leftover chicken or turkey to make soup, sandwiches or casseroles.
- ◆ Cut-up thawed chicken and cook in oven or skillet pan on the stove.

- ◆ To eliminate fat, trim away the skin before eating the meat. It makes little difference in the fat content whether the skin is removed before or after cooking, but the meat is more moist and tender when cooked with the skin on.

Crispy Oven Baked Chicken Serves 6.

- 1 cup crushed corn flakes
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup skim milk or prepared dry milk
- 1 broiler/fryer chicken cut into pieces

1. In a plastic bag, combine crushed corn flakes, salt and pepper.
2. Dip chicken pieces in milk and place in plastic bag to coat, 1 to 2 pieces at a time.
3. Place coated chicken pieces on a lightly greased baking pan.
4. Bake in a 350°F oven for one hour or until chicken registers 165°F on a thermometer.

NUTRITION FACTS (per serving *with skin*) - Calories 430 ~ fat 26 g ~ calories from fat 234 ~ sodium 370 mg ~ total carbohydrate 5 g ~ fiber 0 g

NUTRITION FACTS (per serving *without skin*) - Calories 230 ~ fat 5 g ~ calories from fat 234 ~ sodium 370 mg ~ total carbohydrate 5 g ~ fiber 0 g