

Knowledge @ Noon  
*“Winner, Winner  
Chicken Dinner, the Sequel”*



*Wednesday, September 19, 2018*

*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

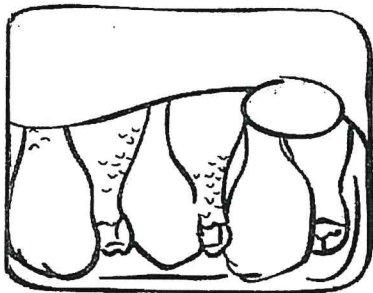
*Instructors: Marais des Cygnes Extension District  
Master Food Volunteers*



# Chicken

## BASICS

BEFORE YOU DIVE INTO OUR FAVORITE CHICKEN RECIPES. REVIEW A FEW BASICS ABOUT MANAGING YOUR BIRD AND TIPS TO ENSURE FOOD SAFETY.



### 1 Storing CHICKEN

⇒ *Store* raw poultry in its original package in the coldest part of the refrigerator.

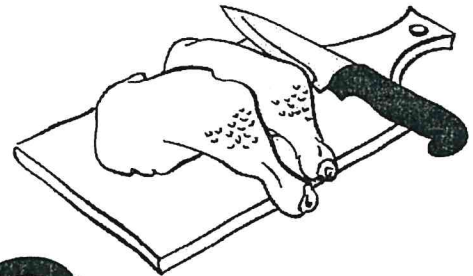
⇒ *Cook* poultry pieces within 2 days of purchase.

⇒ *For longer storage*, freeze poultry in its original package at 0°F for up to 2 months.

⇒ *To freeze longer*, wrap original package with foil. (Whole poultry will keep for up to 1 year; cut-up pieces for up to 9 months. Never freeze stuffed poultry.)



A thermometer is the most accurate way to check if chicken is done. You shouldn't determine doneness by the color of the meat or juices. For whole birds, it's important to insert the thermometer into the thickest part of the thigh muscle without touching the bone. Chicken is done at 175°F for thighs and drumsticks, 170°F for bone-in breast halves, and 165°F for boneless breast meat.



### 2 Handling CHICKEN

⇒ *Set aside* a cutting board to use exclusively for raw chicken and other meats that will be cooked.

⇒ *Wash* work surfaces and utensils in hot, soapy water before and right after handling chicken to prevent the spread of bacteria.

⇒ *Never, partially* cook chicken, refrigerate, and finish cooking later—bacteria may grow.

⇒ *Discard* used marinade.

⇒ *Serve* cooked chicken immediately and refrigerate leftovers within 2 hours.

⇒ *Rinsing* chicken is not necessary. However, you should rinse cavities of whole birds that will be stuffed; pat dry with paper towels.



# 3

## Thawing CHICKEN



⇒ *Never thaw* poultry at room temperature. Thaw it in the refrigerator in a dish to catch any drips.

⇒ *Allow at least* 9 hours for parts and 24 hours per every 3½ to 4 pounds for whole birds.

⇒ *For fast thawing*, you can microwave poultry on the defrost setting; be sure to cook it right away.

⇒ *If a whole bird* doesn't fit in the microwave, place it in a resealable plastic bag in a sink full of cold water. Allow 30 minutes per pound, changing water every 30 minutes.

## Chicken TIPS & TRICKS

### *Cut thin to win.*

Horizontally halve thicker pieces of chicken, such as oversize chicken breasts, into more manageable and portion-appropriate, uniform sizes. Press down lightly on the top of the piece of chicken as you cut all the way through. Use a kitchen scale to weigh chicken pieces. (Most of our recipes call for 4- to 6-ounce skinless, boneless chicken breast halves.)

### *Pound to flatten.*

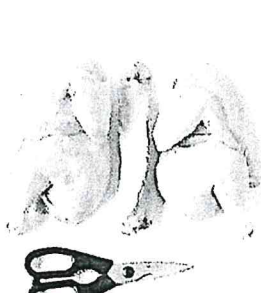
To achieve uniform thickness, ideal for cutlets and stuffed chicken breasts, use the flat side of a meat mallet, a rolling pin, or a heavy skillet to flatten chicken breast halves between two pieces of plastic wrap.

## Cutting Up a Whole Chicken

Cutting up a whole chicken is simple and quick. Be sure your knife and shears are very sharp so they can easily handle the task.



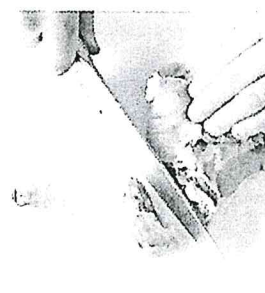
**1. MAKE THE FIRST INCISION**  
Place the whole chicken, breast side up, on a large, clean cutting board. Using a sharp chef's knife, make a deep incision between the two breast halves, putting pressure on the knife to cut through the breastbone.



**2. CUT IN HALF**  
Flip chicken over; place breast side down. Using kitchen shears, cut along one side of the backbone, separating chicken into halves. You may need to place additional pressure on the shears as you reach the thigh. Repeat the same cut down the other side of the backbone.



**3. SEPARATE THE BREAST AND LEG**  
Holding on to the end of a drumstick, use the knife to cut through the skin and muscle between the leg and breast. This will expose the thigh joint. Cut firmly through it to separate the breast and leg. Repeat with the other breast and leg.



**4. SEPARATE WHOLE LEGS**  
Place a leg, skin side down, on the cutting board. With your fingers, find the joint in the leg where the drumstick and thigh meet. Use the knife to cut firmly through that joint to separate the drumstick from the thigh. Repeat with the other leg.



**5. REMOVE THE WINGS**  
Bend a wing away from the breast. With the knife, cut through the skin and muscle around the joint that connects the wing to the breast. Cut through that joint to separate the wing from the breast. Repeat with the other wing and breast.

## What's Your Chicken IQ?

1. You are carving a roast chicken. Which part do you slice off first?
  - A. Breasts
  - B. Wings
  - C. Legs
2. Which of these is a sure indication that your chicken is done?
  - A. The juices run clear.
  - B. It's golden brown on the outside.
  - C. The internal temperature is 155 degrees.
  - D. None of the above
3. Which of these is not a chicken breast?
  - A. Scaloppini
  - B. Paillard
  - C. Cutlet
  - D. Supreme
4. Label these chicken parts: white meat or dark.
  - A. Breast \_\_\_\_\_
  - B. Thigh \_\_\_\_\_
  - C. Drumstick \_\_\_\_\_
  - D. Wing \_\_\_\_\_
5. How much meat does the average rotisserie chicken yield?
  - A. 1 1/2 Cups
  - B. 4 Cups
  - C. 3 Cups
  - D. 5 Cups
6. How do you pronounce "giblets"?
  - A. JIB-lets (with a soft g)
  - B. GIB-lets (with a hard g)
7. What's the main reason many chefs tie chicken legs together with twine before roasting?
  - A. It helps the meat cook more evenly
  - B. It makes the chicken easier to carve.
  - C. It keeps the stuffing inside.
  - D. It looks fancy.
8. What is a capon?
  - A. A French chicken breed.
  - B. A premium grade of chicken mostly found in restaurants.
  - C. An older bird mean for braising.
  - D. A castrated male chicken.
9. What is another name for beer-can chicken?
  - A. Chicken on a Throne
  - B. Cancan Chicken
  - C. Buzzard Bird
  - D. Chicken Under a Bucket

10. What's the proper oil temperature for frying chicken?
- A. 275 – 300 degrees
  - B. 325 – 350 degrees
  - C. 400 – 425 degrees
  - D. 450 – 500 degrees

True or False

- 11. Chicken stock and broth are the same thing.
- 12. Cornish game hens are a special breed of chicken.
- 13. You should rinse raw chicken before you cook it.
- 14. Supermarkets are not allowed to sell chicken with added hormones.
- 15. Chicken of the Woods is a type of wild chicken common in the western United States.
- 16. Tenders are found on the underside of the wing.
- 17. Chicken nuggets were invented by the development team at McDonald's.
- 18. Chicken skin has the same amount of fat per ounce as butter.

Answers

- 1. To carve a whole bird, first pull each leg away from the body and cut it off, slicing through the hip joint to remove the leg and thigh in one piece. Then cut off the wings and finally the breasts.
- 2. Your chicken might be done if it is no longer pink and the juice run clear, but you should use a meat thermometer to make sure the internal temperature is 165 degrees. Check in a few places including the thickest spots without touching the bones.
- 3. A supreme is a boneless breast with part of the wing still attached.
- 4. A) White B) Dark C) Dark D) White
- 5. You get about 1 1/2 pounds meat, or 4 cups from an average 2 1/2 pound bird.
- 6. Giblets is pronounced with a soft g, like "genius." They are found in a pouch inside a whole chicken and usually include heart, liver and gizzard.
- 7. Tying the legs close to the breast keeps the white meat from overcooking.
- 8. A capon is a large bird typically served around the holidays.
- 9. A.
- 10. B.
- 11. F Stock is made primarily from bones, whereas broth is made from meat and bones.
- 12. F The USDA categorizes them as small chickens
- 13. F Doing so can splash bacteria all over your sink
- 14. T According to the USDA, no chicken can have added hormones. And if a chicken is labeled organic, it should never have been given antibiotics.
- 15. F The edible wild mushroom grows on trees. It got its name because it tastes like, well, you know.
- 16. F Tenders are separate parts of white meat attached to the underside of each breast next to the bone.
- 17. F A food science professor came up with a breeding technique at Cornell University in the 1950s, McDonald's started serving nuggets nationwide in 1981.
- 18. F Chicken skin has about half the amount of fat (11 grams per ounce, compared with butter's 23).



# How to Roast a Great Chicken

Whether you need dinner on the table in a hurry or have time to pull out all the stops, we'll guide you to the best results. BY ELIZABETH BOMZE

## Be Savvy About the Label

### NOT JUST HYPE

➤ **Air-Chilled** means the chickens weren't water-chilled in a chlorinated bath, so they didn't absorb water during processing, which dilutes flavor and makes the skin harder to crisp. Air-chilled meat is typically more tender, possibly because the slower cooling leaves time for enzymes in the meat to tenderize muscle tissue.

➤ **USDA Organic** poultry must eat organic feed that doesn't contain animal byproducts, must be raised without antibiotics, and must have access to the outdoors (how much access, however, isn't regulated).

### BUYER BEWARE

➤ **Raised Without Antibiotics** and other claims regarding antibiotic use are important; too bad they're not strictly enforced. (Poultry is randomly monitored for residues, but the only rigorous enforcement is when the claim is subject to the USDA Organic seal.)

➤ **Natural and All Natural** mean only that the bird was minimally processed with no added synthetic ingredients. Producers may thus raise their chickens under the most unnatural circumstances on the most unnatural diets and still put this claim on their packaging.

➤ **Hormone-Free** is empty reassurance, since the USDA does not allow the use of hormones or steroids in poultry production.

➤ **Vegetarian Fed and Vegetarian Diet** may sound healthy, but the terms aren't regulated. That said, the producers of our winning chickens assured us that their definitions mean a diet of corn and soy.

## OUR FAVORITE WHOLE CHICKENS

### MARY'S Free Range Air Chilled Chicken (also sold as Pitman's)

PRICE: \$1.99 per lb

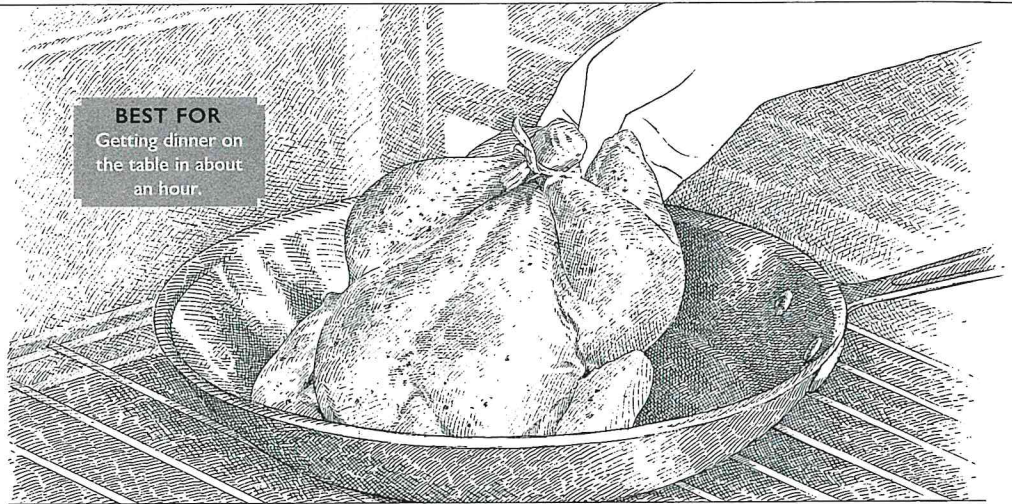
WHY WE LIKE IT: Air chilling plus plenty of fat added up to a bird that tasted "clean," "savory," "chicken-y," "juicy," and "tender."



### BELL & EVANS Air Chilled Premium Fresh Chicken

PRICE: \$3.29 per lb

WHY WE LIKE IT: This air-chilled bird was "perfectly moist," with "concentrated" flavor. It also had the most fat—more than 15 percent—of any bird in our tasting.



## WEEKNIGHT ROAST CHICKEN

### 1. SWAP ROASTING PAN FOR SKILLET

Adjust oven rack to middle position, place 12-inch ovensafe skillet on rack, and heat oven to 450 degrees. Combine 1 tablespoon kosher salt and ½ teaspoon pepper in bowl. Pat 3½- to 4-pound whole chicken (giblets discarded) dry. Rub surface with 1 tablespoon olive oil. Rub salt mixture over surface to evenly coat. Tie legs together with kitchen twine and tuck wingtips behind back.

WHY Juices pool deeply in a skillet, which prevents them from burning so that they can be used later to make a pan sauce.

2. **SEAR THIGHS** Transfer chicken, breast side up, to preheated skillet in oven. Roast until breast registers 120 degrees and thighs register 135 degrees, 25 to 35 minutes.

WHY Direct contact with a preheated skillet gives the thighs a head start so that they cook in sync with the delicate breast meat.

3. **CUT HEAT** Turn off oven and leave chicken in oven until breast registers 160 degrees and thighs register 175 degrees, 25 to 35 minutes. Transfer chicken to carving board and let rest, uncovered, for 20 minutes.

## FOUR ROAST CHICKEN RULES

### 1. Portion Seasonings

To avoid constantly washing and rewashing your hands—and to greatly reduce the risks of cross-contamination—make sure to portion and set aside any seasonings, such as salt and pepper, before you start handling the meat.



### 2. Don't Rinse Raw Poultry

The United States Department of Agriculture (USDA) advises against rinsing raw poultry under cold running water; this applies to both whole chickens and chicken parts. Doing so will not remove much bacteria, and the splashing of the running water around the sink can spread the bacteria found on the surface of the raw chicken.

WHY Cutting the heat allows the chicken to finish cooking gently (its temperature will rise 40 degrees).

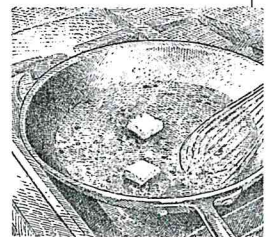
4. **SKIM FAT** While chicken rests, remove all but 1 tablespoon fat from skillet, leaving any fond and jus in skillet.

WHY Removing most of the fat prevents the sauce from being greasy.

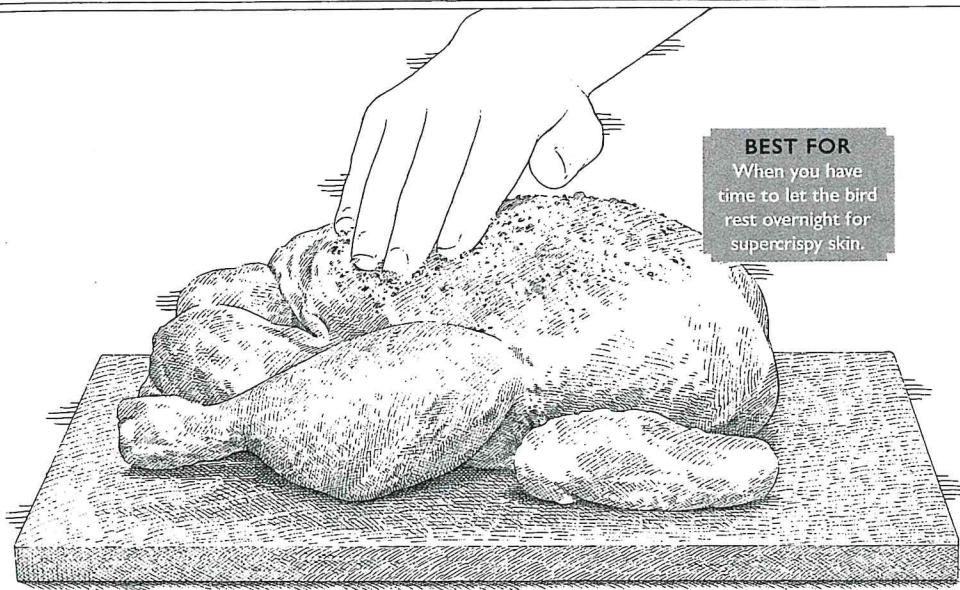
5. **USE FOND** Place skillet over medium-high heat. Add 1 minced shallot, 2 minced garlic cloves, and 2 teaspoons chopped fresh thyme and cook until softened, about 2 minutes. Stir in 1 cup chicken broth and 2 teaspoons Dijon mustard, scraping up any browned bits. Cook until reduced to ¾ cup, about 3 minutes. Off heat, whisk in 2 tablespoons unsalted butter and 2 teaspoons sherry vinegar until butter has melted. Season with pepper to taste; cover and keep warm.

Carve chicken and serve with sauce.

WHY It takes minutes to transform the savory browned bits of fond into a flavorful pan sauce by stirring in aromatics and other flavorings.







### CRISP ROAST CHICKEN

**1. CUT CHANNELS, LOOSEN SKIN, POKE HOLES** Place 3½- to 4-pound whole chicken (giblets discarded), breast side down, on cutting board. Using tip of paring knife, make four 1-inch incisions along back. Using your fingers, gently loosen skin covering breast and thighs. Using metal skewer, poke 15 to 20 holes in fat deposits on top of breast and thighs. Tuck wings behind back.

**WHY** These cuts create escape routes for rendered fat and juices, which helps the skin crisp.

**2. RUB AND CHILL** Combine 1 tablespoon kosher salt, 1 teaspoon baking powder, and ½ teaspoon pepper in bowl. Pat chicken dry with paper towels and sprinkle evenly with salt mixture. Rub in mixture with your hands, evenly coating entire surface. Set chicken, breast side up, in V-rack set on rimmed baking sheet and refrigerate, uncovered, for at least 12 hours or up to 24 hours.

**WHY** Salt and baking powder, plus air drying, dehydrate the skin so that it will crisp and brown.

**3. ROAST HIGH AND FLIP** Adjust oven rack to lowest position and heat oven to 450 degrees.

Using paring knife, poke 20 holes about 1½ inches apart in 16 by 12-inch piece of aluminum foil. Place foil loosely in roasting pan. Flip chicken so breast side faces down and set V-rack in prepared pan on top of foil. Roast chicken for 25 minutes. Remove pan from oven. Using 2 large wads of paper towels, flip chicken breast side up. Continue to roast until breast registers 135 degrees, 15 to 25 minutes longer.

**WHY** A hot oven browns the skin quickly so that the meat doesn't have time to dry out; a foil liner prevents any rendered fat from burning and smoking. Flipping the chicken midway through cooking helps it cook evenly.

**4. BLAST IT** Increase oven temperature to 500 degrees. Continue to roast chicken until skin is golden brown and crispy, breast registers 160 degrees, and thighs register 175 degrees, 10 to 20 minutes longer. Transfer chicken to carving board and let rest for 20 minutes. Carve chicken and serve immediately.

**WHY** A final high-heat blast deeply browns and crisps the skin.

#### Science: New Powers for Baking Powder

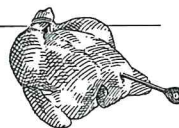
An overnight rub made with baking powder and salt guarantees supercrispy skin. The process works in two ways. First, it draws moisture out of the skin, concentrating flavor and leaving the skin ready to crisp up fast while it cooks. Second, the alkaline baking powder helps proteins in the chicken skin break down over the course of the overnight rest. Broken-down proteins crisp and brown more readily than intact ones, so the upshot is crackly, flavor-packed skin.

#### 3. Let Meat Rest to Maximize Juiciness

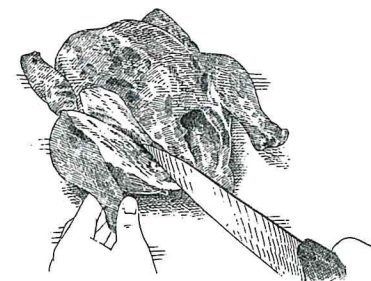
When meat cooks, its proteins contract and squeeze out moisture. Carving meat without letting it rest causes it to lose this moisture. Resting before carving allows the contracted proteins to relax and reabsorb some of the expelled moisture. That's why we recommend letting whole chickens rest for 20 minutes.

#### 4. Temp Properly

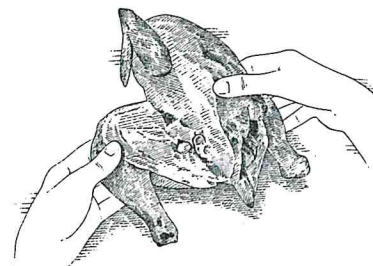
Inserting the thermometer incorrectly can give you an inaccurate reading. Here's our method:  
**White Meat:** Insert probe low into thickest part of breast, just above bone. Withdraw probe slowly, checking for lowest registered temperature.  
**Dark Meat:** Insert probe down into space between tip of breast and thigh. Slightly angle probe outward so that it pierces meat in lower part of thigh.



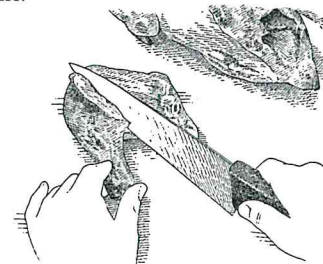
### How to Carve a Whole Chicken



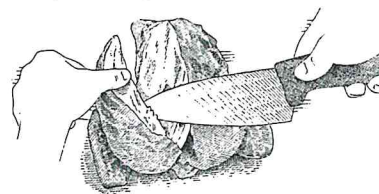
**1. EXPOSE LEG JOINT** Using chef's knife, make cut through skin to expose where thigh meets breast.



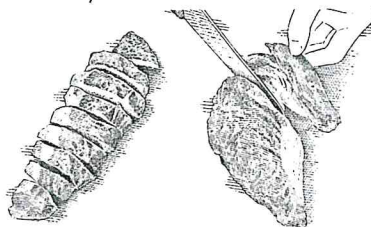
**2. SEPARATE JOINT TO REMOVE LEG QUARTER** Pull leg quarter away from carcass, gently pull leg out to side, and push up on joint. Cut through joint to remove leg quarter from carcass.



**3. SEPARATE DRUMSTICK AND THIGH** Cut through joint that connects drumstick to thigh. Repeat steps 1 through 3 on chicken's other side.



**4. REMOVE BREAST MEAT** Cut down along side of breastbone, pulling breast meat away from breastbone as you cut.



**5. SLICE BREAST MEAT** Remove wing from breast by cutting through wing joint. Slice breast crosswise. Repeat with other side.

## Easy Individual Chicken Pizza

1 can of flakey biscuits	Crushed pineapple
Canned Pizza Sauce	Mozzarella Cheese - shredded
Shredded cooked chicken	

Flatten biscuits on a cookie sheet. Spread 2 teaspoons of pizza sauce over the biscuit dough, cover with shredded chicken, crushed pineapple and shredded mozzarella cheese. Bake according to directions on the biscuit can. Makes 8 individuals pizzas.

**Nutrition Facts:** 8 servings. Calories 80, Total fat 4g, (Saturated fat 2g), Cholesterol 15mg, Sodium 110 mg., Total Carbs 5 g.(Total sugar 2g), Protein 7g., Calcium 104 mg.

## Chicken Tacos

1 whole cooked chicken	1 package coleslaw mix
1 package of 18 taco shells	$\frac{3}{4}$ cup Mayonnaise
$\frac{1}{3}$ cup salsa	Hot Sauce to taste
1 package taco seasoning	

Debone and shred chicken. Add 1 package of taco seasoning and the salsa and heat. Spoon into taco shells.

Mix the Mayonnaise with the hot sauce (to your taste), pour over coleslaw and stir well. Add coleslaw to taco and serve.

Make 18 tacos, 2 tacos per serving.

**Nutrition Facts:** Calories 440, Total Fat 26 g (Sat. fat 6g), Cholesterol 120 mg., Sodium 560 mg., Total Carbs 10 g., (Dietary Fiber 1 g., total sugar 1g), Protein 39g.

## Chicken Sliders

1 whole cooked chicken	Coleslaw
Bar BQ Sauce	Pkg. of 24 Sweet Hawaiian Rolls

Debone and shred chicken, add bar bq sauce until chicken sticks together. Heat in microwave or on stove top. Slice rolls and remove top. Spoon chicken mix onto bottom of rolls, top with slaw and cover with top of rolls. Cut rolls into individual servings. Serves 24 sandwiches.

**Nutrition Facts:** Calories 100, Total Fat 4g., (Sat fat 1g), Cholesterol 45 mg., Sodium 50 mg., Total Carbs. 1 g., Protein 14g.

## French Onion Chicken Casserole

3 cups cooked chicken	1 cup mayonnaise
1 cup chopped fresh or frozen broccoli	1 can cream of chicken soup
1 cup shredded sharp cheddar cheese	French Fried Onions (for topping)
1 cup French onion dip	

Mix all ingredients except onions together and place in a greased 9 X 13 pan. Bake at 350 degrees for 30 minutes. Sprinkle with French fried onions on top and return to oven for 5 minutes.

Serves 12 **Nutrition Facts:** Calories 220, Total fat 17g., (Sat. fat 2.5 g), Cholesterol 40 mg., Sodium 460 mg., Total Carbs 3g., Protein 11 g.



## Oriental Coleslaw

1 bag of cabbage or coleslaw mix  
1 package Ramen noodles – oriental flavor  
(remove season packet and save for dressing)

Slivered almonds  
Sunflower seeds

Crunch dry Ramen noodles. Mix all ingredients together and chill in fridge.

**Dressing:** Season packet from Ramen noodles  
½ cup sugar, ½ cup vinegar, ½ cup oil  
Mix all together.

Wait to pour dressing and mix until ready to serve.

Serves 12 **Nutrition Facts:** Calories 190, Total Fat 16 g., (Sat fat 1.5g), Cholesterol 0,  
Sodium 140 mg., total Carbs 13g (Dietary fiber 1g., total sugar 7g), Protein 3g.

## Chicken Spaghetti

1 cooked chicken, deboned and cubed or shredded  
1 pound spaghetti cooked in chicken broth  
1 cup chopped onion sautéed in butter  
1 small jar pimento

1 can cream of mushroom soup  
1 can cream of chicken soup  
½ pound Velveeta Cheese  
Grated Cheddar Cheese

Mix all ingredients together (except the cheddar cheese) and warm over medium heat until the Velveeta cheese is melted. Pour into a greased baking dish. Cover with grated Cheddar Cheese. Bake at 350 degrees for 20 to 30 minutes until bubbly hot.

Serves 8 **Nutrition Facts:** Calories 500, Total Fat 19g., (Sat. Fat 6g), Cholesterol 145 mg., Sodium 860 mg., Total carbs. 26g., (Dietary fiber 1g., Total Sugars 5g), Protein 53g.

## Chicken Wraps

1 cooked chicken, deboned and cubed or shredded  
Salt  
Pepper  
12 Flour tortillas  
Tomatoes

Lettuce  
Cooked bacon (crispy and crumbled)  
Black Olives  
Cheddar Cheese  
Ranch dressing

Salt and pepper the cooked chicken and spoon onto tortilla wraps. Add bacon and cheese and heat in microwave until cheese is melted. Top with tomatoes, lettuce, black olives and Ranch dressing. Roll up the wraps and serve.

Makes 12 servings. **Nutrition Facts:** Calories 520, Total fats 23g., (Sat fat 8g), Cholesterol 110 mg., Sodium 1080 mg., Total carbs. 36g, (Dietary fiber 1g., Total sugars 3g) Protein 39g.

## Chicken Enchiladas

1 cooked chicken, deboned and cubed or shredded  
3 cans cream of chicken soup  
1 (8 oz.) container of sour cream  
1 small can green chilies – chopped

1 small onion chopped  
18 (5 inch) Tortillas  
2 cups shredded Cheddar cheese  
3 cups Monterey Jack shredded cheese

Mix together chicken, soup, sour cream and onions. Spread 3 or 4 tablespoons of mixture on each tortilla. Sprinkle with 2 tablespoons of cheeses. Roll tortilla and place in 2 (9X13) casserole dishes. Sprinkle rest of cheese over the top. Bake at 325 for 30 to 45 minutes. Serve with picante sauce and sour cream.

Serving size 2 enchiladas – serves 9. **Nutrition facts:** Calories 750. Total fat 42 g., (Sat. fat 19g), Cholesterol 195 mg., Sodium 1300 mg., Total Carbs 35g., (Dietary fiber 1g., Total sugars 4g), Protein 58g.

## Chicken Pot Pie

1/2 Tablespoon flour	1 dash salt
1/2 cup + 3/4 cup chicken broth	1 pkg. (10 oz) frozen mixed vegetables, thawed
1 tsp. Canola oil	2 cups cooked and cubed or shredded chicken
2 Cups chopped mushrooms	1 prepared 9-inch pie crust
1/4 tsp. dried Thyme	2 teaspoons milk
1 dash of pepper	

In a small bowl whisk together the flour and 1/2 cup of broth. In a 2-quart saucepan, heat the oil over medium heat. Add the mushrooms and cook stirring for about 6 minutes or until tender. Add the remaining broth, thyme, salt and pepper and bring to a boil. Whisk in the flour mixture and cook stirring constantly for 3 minutes or until the mixture thickens. Add the vegetables and chicken. Pour into a 9-inch pie plate and cover with the pie crust. Press the dough to the edges of the pie plate and flute. Bake at 400 degrees for 30 to 40 minutes or until crust is lightly browned.

Serves 8 **Nutrition Facts:** Calories 190, Total fat 8 g ( Sat fat 2.5g), Cholesterol 25 mg., Sodium 280 mg., Total Carbs. 17g., Protein 12g.

## Baked Garlic Parmesan Chicken

2 Tablespoons olive oil	2/3 cup grated Parmesan cheese
1 clove garlic, minced	1 teaspoon dried basil leaves
1 cup dried bread crumbs	1/4 teaspoon ground black pepper
6 skinless, boneless chicken breast halves	

Pre heat oven to 350 °F. Lightly grease 9x13 baking dish. In a bowl, blend olive oil and garlic. In another bowl, mix bread crumbs, Parmesan cheese, basil & pepper. Dip each chicken breast in olive oil mixture, then in bread crumb mixture. Arrange coated chicken breasts in baking dish and top with remaining bread crumb mixture.

Bake 30 minutes until chicken no longer pink and juices run clear. Check with thermometer to 170°F. Makes 6 servings. Nutrition facts: 280 calories, Total fat 10.8 g., Carbs., 13.7 g., Cholesterol 75 mg., Sodium 326 mg., 30.4 g. protein.

## Campbell's Easy Chicken & Biscuits Serves 5.

1 can Campbell's Cream of Celery or 98% fat Free Cream of Celery Soup  
1 can Campbell's Cream of Potato Soup  
1 cup milk  
1/4 teaspoon dried thyme leaves, crushed  
1/4 teaspoon pepper  
4 cups cooked cut-up vegetables (use a combination of broccoli, cauliflower and carrots)  
2 cups cubed cooked chicken  
1 package refrigerated buttermilk biscuits

Mix soups, milk, thyme, pepper, vegetables and chicken in 3-quart baking dish.

Bake at 400°F for 15 minutes. Cut each biscuit into quarters. Stir Chicken mixture.

TOP with cut biscuits. Bake additional 15 minutes or until biscuits are golden.

Serves 5. **Nutrition Facts:** Calories 230, Total fat 7g., (Sat. fat 2g), Cholesterol 45 mg., Sodium 740 mg., Total Carbs 22g. (Dietary fiber 3g., Total sugars 6g.), Protein 19 g.



## Chicken & Vegetable Stir Fry

4 teaspoons cornstarch	1 sweet red pepper, julienned
1 cup reduced sodium chicken broth	1 small onion, halved and sliced
2 tablespoon reduced sodium soy sauce	1 garlic clove, minced
1 pound boneless skinless chicken breasts, cut into ¼ inch strips	½ teaspoon salt
2 Tablespoons olive oil, divided	½ teaspoon pepper
1 ½ cups cauliflower	¼ to ½ teaspoon crushed red pepper flakes
1 ½ cups broccoli florets	2 ½ cups hot cooked rice
2 medium carrots, sliced	Minced fresh cilantro

Combine cornstarch, broth, soy sauce until smooth, set aside.

In large skillet or wok, stir-fry chicken in 1 tablespoon oil until no longer pink. Remove, keep warm. Stir-fry cauliflower, broccoli, carrots, red pepper and onion in 1 tablespoon oil until crisp-tender. Add garlic, salt, pepper & pepper flakes; cook 1 minute longer. Stir in cornstarch mixture and add to an. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken, heat thoroughly. Serve with rice. Sprinkle with Cilantro.

Yield: 5 servings. **Nutrition:** 1 cup stir fry with ½ cup rice: Calories 297, 8 gram fat 91 g sat0, 50 mg cholesterol, 670 mg sodium, 32 g carbs, 3 g fiber, 23 g protein.

## Chicken Fried Cake Pops

Makes 16

Cooking spray

1 chocolate cake mix

1 cup cream cheese frosting

16 mini marshmallows

16 pretzel sticks

2 Cups white candy melts

1 12 oz. package butterscotch chips

2 to 4 tablespoons coconut oil

1/4 cup crushed cornflakes

Flaky sea salt for topping

Prepare cake mix according to package directions. Bake and cool. Crumble the cake into a large bowl, add frosting and mix with our hands until fully combined. Using damp hands, form the mixture into 16 compact egg shapes, pinching each slightly in the center to resemble a chicken leg. Arrange on parchment paper lined baking sheet. Stick a mini marshmallow on one end of each pretzel, then insert into the cake balls, reshaping as needed. Return the drumsticks to the baking sheets. Freeze until firm, about 15 to 20 minutes.

Melt candy melts in a bowl in the microwave. Dip the marshmallow topped pretzels in the candy melts, return to the baking sheet and refrigerate until set. Re-dip to form a thicker coating, refrigerate. Microwave the butterscotch chips with 2 tablespoons coconut oil, stirring until melted (add more coconut oil as needed until pourable). Stir in cereal. Spoon the mixture over the cake part to coat; sprinkle with salt and refrigerate until set.

Serves 16. **Nutrition Facts:** Calories 340, Total fat 19g.(Sat. fat 12 g., Trans fat 1g.), Cholesterol 5mg, Sodium 110 mg., Total Carbs 42g (total sugars 39g), Protein 2g.

*Recipe from Food Network Magazine*