



SIMPLY GOOD FOOD

Poultry

Background: The first chicken was a wild red fowl that fluttered and squawked about the jungles of India four thousand years ago. The natives, impressed by the bird's color, courage and dash, lured it down from the trees and tamed it. Before long the chicken showed up in China. And by the time of King Tutankhamen, it had arrived in Egypt, where it was a bird of royal plumage. The first farmers to fatten chickens for the table were ancient Greeks. The Romans, who adopted most things Greek, plumped chickens on rations of barley and milk and, as in today's poultry industry, immobilized the birds in elevated cages to they'd be meltingly tender. By the Middle Ages, chickens were common throughout Europe. Today, with people obsessing about saturated fats, chicken is more popular than ever.

Nutrition: Main nutrients include protein, Vitamin A, thiamin, riboflavin, niacin, cholesterol, fat, calcium, phosphorus and iron.

Marketing: Poultry is marketed as ready-to-cook raw poultry and ready-to-eat forms. More poultry is sold as parts, often skinless and boneless, and as further processed products than as whole birds.

Safe Handling: Poultry, like many other foods, may contain *salmonella* bacteria, but proper cooking and handling methods can eliminate any threat to health. Thorough washing under cool running water prior to cooking greatly reduces bacterial hazards. Since *salmonella* are easily destroyed by heat, all poultry should be cooked to the well-done stage, 170 degrees F (80 degrees C). Juices from the cooked meat should be clear, not pink.

Always thaw poultry in the refrigerator or in cold water. NOT on the counter. Bacteria multiply rapidly at room temperature.

Cooked poultry that is not eaten immediately should be kept either hot, 140 degrees F (60 degrees C) or hotter, OR cold, 40 degrees F (4 degrees C) or colder. Thoroughly reheat leftovers before eating. Store poultry for picnics or lunches in an insulated container until ready to eat.

Storage: Store chilled raw poultry in its transparent wrap for one or two days in the coldest part of the refrigerator. Both uncooked and cooked poultry may be frozen and stored for several months at 0 F or colder. Thaw in the refrigerator in original wrapping OR in cold water, changing the water every 30 minutes OR in the microwave following manufacturer's directions. Cook promptly after thawing. Do not thaw poultry at room temperature.

Cooking Methods: All poultry should be washed in cold water before cooking and cooked to the well-done stage. Juices should run clear. Whole birds or parts may be roasted, fried, braised or stewed.

Chicken-Vegetable Soup

3½ cups water
1 tablespoon chicken bouillon granules
1 can (14½ oz.) no-salt added whole tomatoes,
undrained
¼ cup dried minced onion or 1 whole onion,
chopped
1 teaspoon paprika

1 teaspoon dried basil
¾ teaspoon dried minced garlic
¼ teaspoon salt
1 cup sliced carrots
1 can (8 oz.) mushroom stems and pieces,
drained (optional)
1 cup diced zucchini, cabbage or celery
1 cup diced, cooked chicken

Combine water, bouillon granules, tomatoes, onion, paprika, basil, garlic and salt in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 10 minutes. Add carrots; cover and simmer 10 minutes. Add mushrooms, zucchini (cabbage or celery) and chicken; simmer, uncovered, 8 minutes. Serve warm.

Makes 7 servings, 1 cup each.

About 81 calories per serving.

Baked Chicken Nuggets

1½ lbs. chicken thighs, boneless, skinless
1 cup ready-to-eat, cornflakes, crumbs
½ teaspoon paprika

½ teaspoon Italian herb seasoning
¼ teaspoon garlic powder
¼ teaspoon onion powder

1. Remove skin and bone; cut thighs into bite-size pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
5. Preheat oven to 400 degrees F. Lightly grease a cooking sheet.
6. Place chicken pieces on cooking sheet so they are not touching.
7. Bake until golden brown, about 12 to 14 minutes.

Turkey Stir Fry

1 chicken bouillon cube
½ cup hot water
2 tablespoons soy sauce
1 tablespoon cornstarch
2 tablespoons vegetable oil

½ teaspoon garlic powder
1 pound turkey, cubed
1¾ cups carrots, thinly sliced
1 cup zucchini, sliced
½ cup onions, thinly sliced
¼ cup hot water

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
 2. Combine broth, soy sauce, and cornstarch in a small bowl. Set aside.
 3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.
 4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.
 5. Stir in cornstarch mixture. Bring to boil, constantly until thickened.
- Makes 4 servings, about ½ cup each.

Sources: Handbook of Food Preparation

Supporting State Extension Goal: Health, Safety and Well Being

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