

Let's Talk Canned Chicken

NCC Health & Wellness

Available: As 10 oz cans, sometimes larger, packed in water.

Select: Undented cans. Discard any cans that are dented, rusted or leaking, along with any cans that contain black or brown contents.

Storage: Keep canned goods stored in a clean, dry area, where the temperature is kept at or below 75 degrees F.

Store unopened 2-5 years. Cans generally have a "best by" rather than an "expiration date."

Keep food stored away from chemicals, like cleaning supplies and other toxins.

Rinse can top before opening.

Once opened, use within 5-7 days in a separate container in the refrigerator or freezer.

Nutrition: Excellent source of shelf-stable protein.



Food Safety Tips

- 1.) **Clean:** Make sure you use hot, soapy water to clean your hands, utensils and all items that touch food prior to starting. Wash fruits and veggies before prep, but not meat, poultry or eggs!
- 2.) **Chill:** Keep cold foods cold. Refrigerate cut produce ASAP and store between 32 to 40 degrees F. Frozen foods should be kept below 32 degrees F.
- 3.) **Separate:** Keep raw meat, poultry and seafood away from ready to eat foods. Watch those cutting boards!
- 4.) **Cook:** Be sure to check internal cooking temperatures of food.

For more tips go to: www.foodsafety.gov

Five Easy Ways to Prepare:

(see recipes below for more details)

- 1.) Use as a taco topping
 - 2.) Make chicken salad
 - 3.) Make chicken soup
 - 4.) Make pot pie
 - 5.) Make chili
- Canned chicken can be like using canned tuna.
 - It has less of distinct flavor, so it is more flexible than tuna.
 - It tastes best in recipes where minimum cooking time is required, like cold salads or dishes that are quickly reheated with added spices.

Canned foods were invented as a way to preserve food so that it remained almost the same as fresh in the late 1790's. However, the can opener was not invented until 1870!

Barbeque chicken sandwiches

Serves 4

1 can (10 oz) chicken, drained

¼ cup Vidalia onion, diced (optional)

½ tsp dried oregano or basil (optional)

1 cup barbecue sauce of choice

1 cup shredded lettuce

4 slider buns

- 1.) Place onions in medium-sized microwave proof bowl. Microwave onion for 30 seconds
- 2.) Add to bowl with onions, chicken, spice and barbeque sauce. Mix well. Microwave for 90 seconds.
- 3.) Top buns with lettuce and hot chicken mixture. Serve immediately.

Chicken taco salad

Serves 2-4

- 1 can (10 oz) chicken
- 1 small can corn or Mexican corn
- ¼ cup red onion, diced
- ½ cup fresh tomato, diced
- ½ tsp dried cilantro or basil (optional)
- ¼ tsp cumin (optional)
- Salt and pepper to taste
- ½ cup salsa
- ¼ cup shredded Monterey Jack cheese (optional)
- 3 cups shredded lettuce
- 2 cups Tortilla chips

- 1.) Drain chicken and put in medium sized bowl and break into smaller pieces with a fork. If desired, microwave chicken for 60-90 seconds. Combine with corn, onion, cilantro, cumin, salt and pepper, tomato. Mix well.
- 2.) On each plate or bowl, line the bottom with crushed chips, spread lettuce on top, add the chicken mixture and top with salsa and cheese.

The salad could also be served in a wrap.

Minimum recommended daily amount of cups of fruits and vegetables

		age in years				
		1-3	4-8	9-13	13-18	18+
male	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	3c	3.5c
female	fruit	1c	1c	1.5c	2c	2c
	veg	1c	1.5c	2c	2.5c	3c

Fruits: Whole fruits are better than juice.

1 cup of fruits equals:

- 1 cup raw or cooked fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

Vegetables: Eat a rainbow of colors, including dark green, red and orange. Fresh, frozen and canned are all ok!

1 cup of vegetables equals:

- 1 cup raw or cooked vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice

For more information: www.choosemyplate.gov

Curry Pineapple Chicken Salad

Serves 2-4

- 1 can (10 oz) of chicken
- 1 medium celery stalk
- ¼ cup red onion, diced
- ½ cup canned pineapple (optional)
- ½ medium apple, diced (optional)
- ½ cup red seedless grapes, halved (optional)
- ¼ cup raisins (optional)

Dressing

- 3 T mayonnaise
- ½ tsp curry powder

- 1.) Drain chicken and put in a large bowl and break into smaller pieces with a fork.
- 2.) Mix mayonnaise and curry powder well in a smaller bowl.
- 3.) Combine all ingredients in one larger bowl and mix well.
- 4.) Serve immediately or refrigerate.

Eat 5 ways! Serve with crackers, in a tortilla wrap, lettuce wrap, as a sandwich with bread or on a bed of salad greens as a salad!

The optional ingredients will boost the flavor and nutrition of this recipe.

Feel good, be active!

Adults: Aim for 30 min of exercise most days.
Children: Aim for 60 min of exercise everyday.

