

MAKE YOUR FOOD DOLLARS COUNT

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Spring Chicken

Adding poultry to family meals can stretch your food budget while reducing fat and calories if you watch how you prepare it. Here are some ideas to get you started. Note that turkey and chicken are really interchangeable in these recipes.

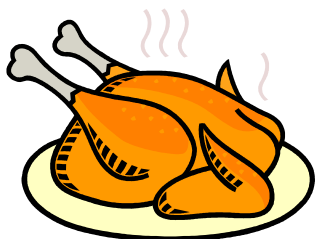
Chicken Soup Or Broth

Cut up a fryer or use chicken parts with bones (remove skin). Set the chicken breast aside and use that for stir-fry.

Place the remainder of the chicken pieces in a large kettle. Add 2 quarts water, 1/2 onion, 1 stalk celery with leaves, and 1/4 teaspoon pepper. Bring to a boil. Turn down heat to simmer and cook until tender (about 1 hour).

Remove the chicken from the broth. When cool enough to handle, remove the chicken meat from the bone. Save the meat from the legs, thighs and wings for a casserole. The remainder of the meat (ribs, back, neck and giblets) can be used in soup. Discard the bones and the skin.

Refrigerate the broth. The fat will come to the surface and can be easily removed after it has cooled. Discard the fat. The broth can be refrigerated safely for two days. If not used within two days, freeze it for later use.



Chicken Vegetable Stir-Fry

- 2 Tablespoons cornstarch
- 1/4 teaspoon ground ginger
- 2 cups chicken broth
- 1 Tablespoon soy sauce
- 1 clove garlic, minced (or 1 teaspoon garlic powder)
- 4 cups cut-up fresh vegetables (broccoli, mushrooms, carrots, celery, etc.)
- 2 cups cooked chicken cut in pieces

Combine cornstarch, ginger, broth, soy sauce and garlic. Heat. Add vegetables first. Cook until just tender. Add chicken and cook 2-3 minutes, stirring often. Serve over noodles or rice.

Chicken Parmigina

- Chicken breasts - 1 per person
- Italian bread crumbs
- oil
- spaghetti sauce
- mozzarella cheese, shredded
- 1 egg, beaten
- Sauce

Bone and skin chicken breasts. Dip in beaten egg, then bread crumbs, to coat completely. Place in lightly oiled baking dish. Bake 350° for 30 minutes. Spoon 1 Tablespoon spaghetti sauce and 1 Tablespoon cheese over each cutlet. Bake 15 minutes more - or until juices run clear.

Chicken Nuggets

Cut boned and skinned raw chicken into bite size pieces. Dip in egg. Put bread crumbs in plastic bread bag and shake chicken until coated. Bake at 350°F for about 30 minutes until browned and cooked through.



Sweet & Sour Sauce

(For dipping nuggets)

- 1-13 oz. can pineapple chunks in juice
- reserve 1/3 cup juice
- 2 Tablespoons brown sugar
- 1 Tablespoon corn starch
- 1 small green pepper, cut in 1" squares
- 1/2 cup of water or chicken broth
- 2 Tablespoons vinegar
- 1 Tablespoon soy sauce

Mix sugar and cornstarch. Blend in other liquids. Cook and stir until bubbly. Add peppers and pineapple. Cook 5 minutes. Serve.

Food Safety Tips



- Always wash your hands, work surfaces, and utensils in hot soapy water after handling raw poultry to prevent spreading bacteria to other foods.
- Never use the same plate for uncooked and cooked poultry.
- Marinate meat and poultry in the refrigerator, not on the counter. Reserve some marinade for basting and be sure it hasn't touched the raw meat. DO NOT reuse leftover marinade unless it is boiled.
- Serve poultry immediately after cooking. Don't let poultry stand at room temperature longer than 2 hours or bacteria will multiply rapidly - especially in warm weather. Refrigerate leftovers as soon as possible.
- Never thaw poultry on your kitchen countertop or in sink. Bacteria that can cause food poisoning multiply rapidly at room temperature. The refrigerator is the best place to thaw poultry. Be sure to put the poultry on a tray before setting it in your refrigerator. Plan on 1 day for every 5 pounds, not counting the day you'll be roasting it. Err on the side of extra time just to be safe. After thawing cook immediately.
- Cold water thawing is another safe way to defrost poultry. Place poultry in its leak-proof freezer wrapping in a sink or large bowl of cold water. Allow about 30 minutes of thawing time for every pound of poultry, changing the water every 30 minutes with additional cold water. Poultry defrosted by the cold-water method should be cooked as soon as possible.
- For answers to your questions about safely handling meat and poultry, call the U.S. Department of Agriculture's Meat and Poultry Hotline, 1-800-535-4555 or on the web at <http://www.fsis.usda.gov/mp/index.htm>

Kid's Corner

Go Bananas Orange Dip

- 2 large bananas, peeled and cut into chunks
- 1/2 cup low fat vanilla yogurt
- 2 oranges, peeled and sectioned



Planting Orange Seeds

You will need:

- Plastic cup or small container
- potting soil
- seeds from an orange
- plastic wrap

With the help of an adult, place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds or until thoroughly mixed and smooth. Place dip in serving bowl on a platter and surround with orange sections or your favorite dippers.* Makes 2 half cup servings.

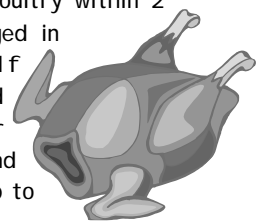
*For variety, also try dipping strawberries, kiwifruit, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers and cauliflower.



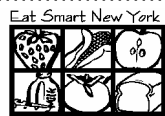
Fill a plastic cup or small container 3/4 full with potting soil. Plant orange seeds about 1/2" deep and water. Cover with plastic wrap and keep moist until sprouts emerge, approximately 10 days. Once sprouts are visible, remove plastic wrap, continue to keep soil moist, and watch orange plants grow. Notice what their leaves smell like as plants mature!

Buying and Storing Poultry

- Poultry is highly perishable and should be purchased and stored carefully. Check the "sell by" date on the package label. That is the last day the product should be sold. (If properly refrigerated, poultry will retain its freshness for a couple of days after that date.)
- Store fresh poultry in the coldest part of your refrigerator as soon as you get home. Plan to use it within 1 to 2 days. Poultry that's packaged in supermarket trays can be refrigerated in its original wrapping.
- To freeze: If you can't use purchased fresh poultry within 2 days, freeze it. It can be frozen if repackaged in heavy foil, freezer paper, or in a freezer bag. If unwrapped and frozen at 0° or below, uncooked whole turkeys or chickens should retain their best flavor and texture for up to 1 year and frozen uncooked turkey or chicken pieces for up to 9 months.



Free Nutrition Education Programs



Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

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