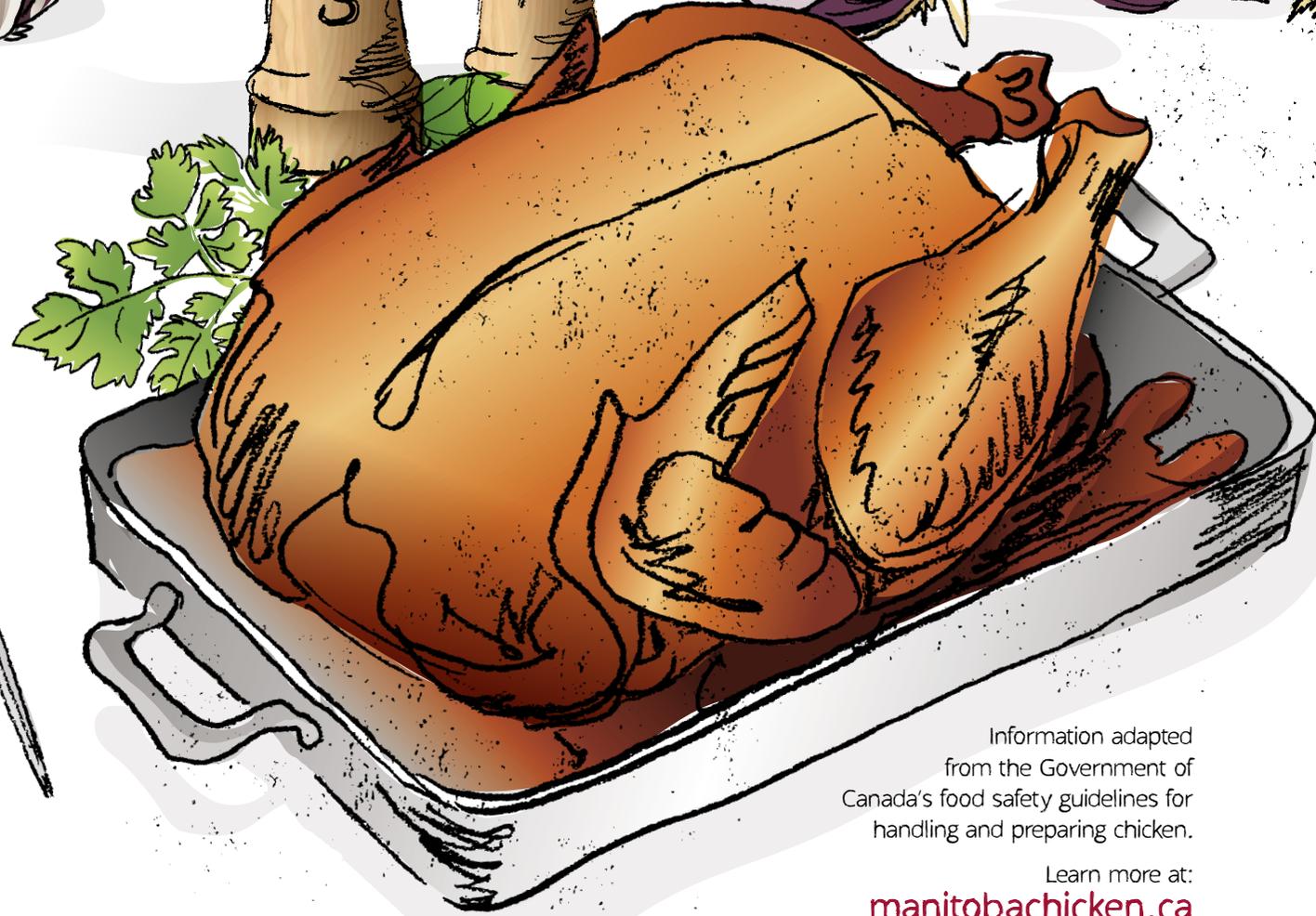
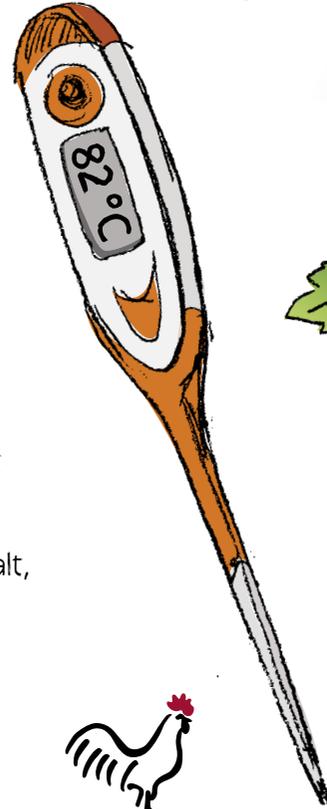
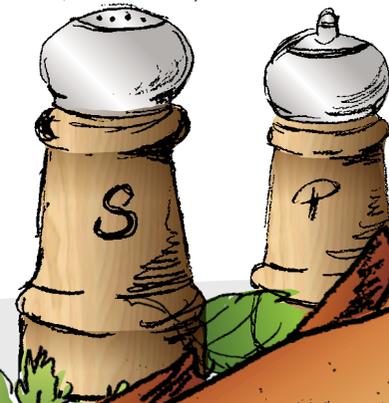


More
cooking
with MANITOBA
Chicken


MANITOBA
chicken
PRODUCERS

Whole Roasted Chicken

- 1 Pre-heat oven to 375 °F.
- 2 Remove chicken from packaging. Place breast side up in roaster or pan with sides.
- 3 **Do not rinse chicken.** Simply season with salt, pepper, spices and herbs.
- 4 Roast for 90-110 minutes for a 4.5 lb (2 kg) chicken.
- 5 Bake until internal temperature of the thickest part of the breast reaches 180 °F (82 °C).
- 6 Remove from oven, tent with foil and let rest for 20 minutes.



Information adapted from the Government of Canada's food safety guidelines for handling and preparing chicken.

Learn more at: manitobachicken.ca

Cooking **perfect** chicken is easy

✓
You know chicken is cooked, by its temperature

✓
Use a meat thermometer

✓
Insert the tip of the probe into the thickest part of the chicken

For **juicy** chicken let it rest

Whole chicken 20 minutes before carving

Chicken pieces 10 minutes before serving

Grilled Chicken Lime & Cheese Quesadillas

Preparation time:
15 minutes

Cook time:
10 minutes

Cut:
boneless
cooked chicken

Ingredients

1/2 cup (125 g) cream cheese, softened

2 Tbsp (30 ml) lime juice

3 green onions, finely sliced

1 jalapeno, seeded and finely chopped

2 cups (500 ml) chopped
cooked chicken

1 cup (250 ml)
grated cheese
(Monterey Jack,
Cheddar or Tex Mex)

8 small corn
or flour tortillas

1/2 cup (125 ml)
cilantro leaves

Preparation

In a medium bowl, combine
cream cheese, lime juice,
green onion and jalapeño.

Add chicken, mix well.

Spread chicken mixture
over four tortillas.

Add 1/4 cup of cheese on top of
chicken mixture, sprinkle with cilantro
and place a second tortilla on top.

Preheat stove top grill pan to medium.

Grill quesadillas for about 2 minutes
each side or until heated through
and crisp on the outside.

Cut each quesadilla in half
and serve with salsa.



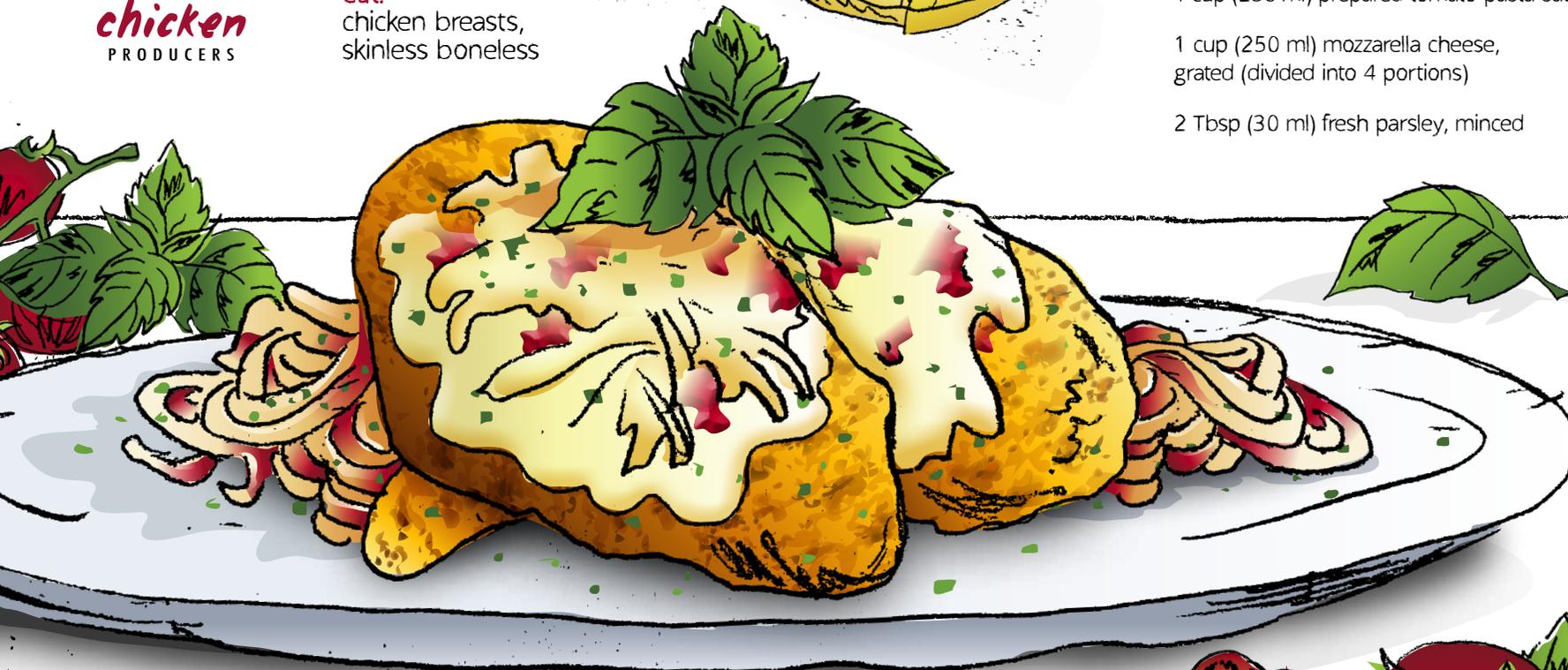
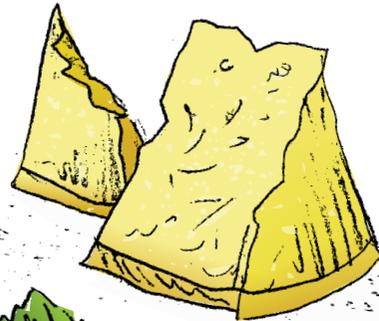
Baked Chicken Parmigiana



Preparation time:
20 minutes

Cook time:
35 minutes

Cut:
chicken breasts,
skinless boneless



Ingredients

- 2 Tbsp (30 ml) vegetable oil
- 4 chicken breasts, skinless boneless
- 1 egg
- 1 cup (250 ml) panko
- 1 cup (250 ml) breadcrumbs
- 2/3 cup (160 ml) parmesan cheese, grated
- 1 Tbsp (15 ml) dried oregano
- 1 Tbsp (15 ml) dried basil
- 1 tsp (5 ml) garlic powder
- 1/2 tsp (2.5 ml) black pepper
- 1 cup (250 ml) prepared tomato pasta sauce
- 1 cup (250 ml) mozzarella cheese, grated (divided into 4 portions)
- 2 Tbsp (30 ml) fresh parsley, minced

Preparation

Preheat oven to 400 °F.

Line a baking sheet with foil and brush with oil.

Place chicken breasts in a single layer between two pieces of plastic wrap on a plastic cutting board.

Use a meat mallet or rolling pin to pound chicken breasts to thickness of about 1 cm.

Pat chicken breasts dry with paper towel.

In a shallow dish mix panko, breadcrumbs, parmesan cheese, oregano, basil, garlic powder and pepper.

In a separate shallow dish whisk egg.

Dip each chicken breast into beaten egg then into crumb mixture. Ensure each breast is fully coated and crumbs stick to it.

Place coated chicken on prepared baking sheet.

Bake chicken for 30 minutes, or until meat thermometer reads 165 °F (74 °C).

Remove from oven and flip chicken pieces over, spoon 1/4 cup of tomato pasta sauce over each piece, then top with 1/4 cup cheese.

Broil for 1-2 minutes, just until the cheese is bubbly and the edges of the chicken breasts are golden brown.

Garnish with minced parsley.



Manitoba chicken farming Q&A

Q: What do chickens eat and drink?

A: Chickens always have access to plenty of healthy, grain-based feed and clean drinking water. They eat and drink when they desire.

Q: Are chickens given hormones and steroids?

A: Added hormones and steroids are not allowed in chicken farming. Their use has been illegal since the early 1960s.

Q: Are chickens factory farmed?

A: There are no factory farms in Canada. In Manitoba over 97% of chicken farms are family owned and operated.

Q: Can you buy local chicken in the winter?

A: Manitobans and all Canadians have access to fresh, local chicken year-round. Look for the Raised by a Canadian Farmer logo on packages.



Q: Is chicken farming bad for the environment?

A: In the last 40 years chicken farmers have reduced their carbon footprint by 37%. Farmers share a goal of working to leave their farm to the next generation in better condition than when they began farming on it.

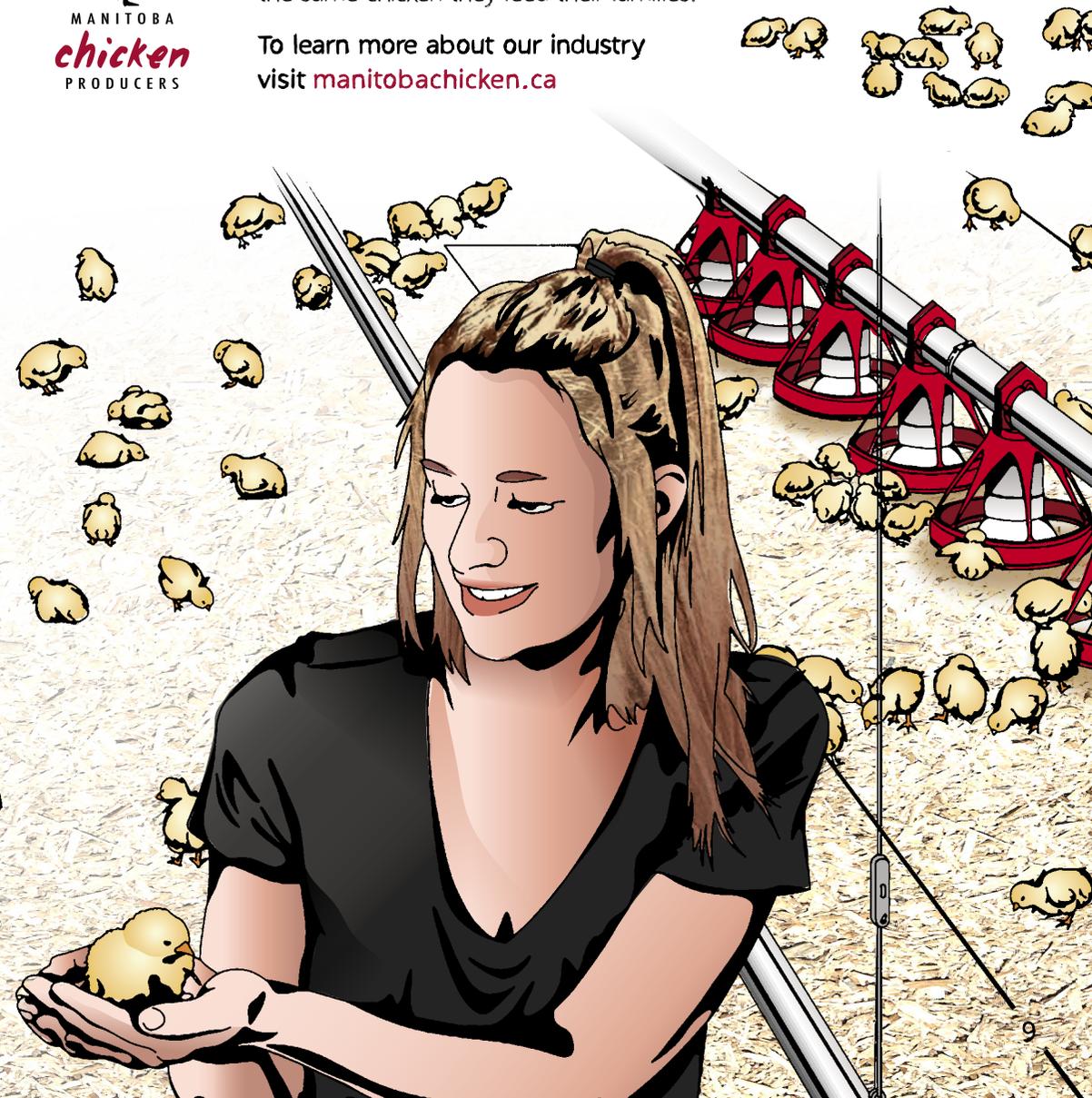
Q: What kind of relationship do farmers have with their chickens?

A: Farmers provide chickens with all the necessities of life, but it is a different relationship than people have with their pets. These chickens raised for meat are livestock and farmers' livelihood.



Manitoba Chicken Producers farmers are proud to play a part in Manitoba's food system. The chicken they produce is the same chicken they feed their families!

To learn more about our industry visit manitobachicken.ca



Classic Chicken Burgers



Preparation time:
15 minutes

Cook time:
10 minutes

Cut:
ground chicken

Ingredients

- 1 lb (450 g) fresh ground chicken
- 1 garlic clove, minced
- 1 green onion, minced
- 1 tsp (5 ml) dried oregano
- 1/2 lemon, juiced
- 1/2 cup (125 ml) panko or breadcrumbs
- 2 Tbsp (30 ml) mayonnaise
- 1/2 tsp (2.5 ml) salt
- 1/2 tsp (2.5 ml) pepper
- 4 burger buns

Preparation

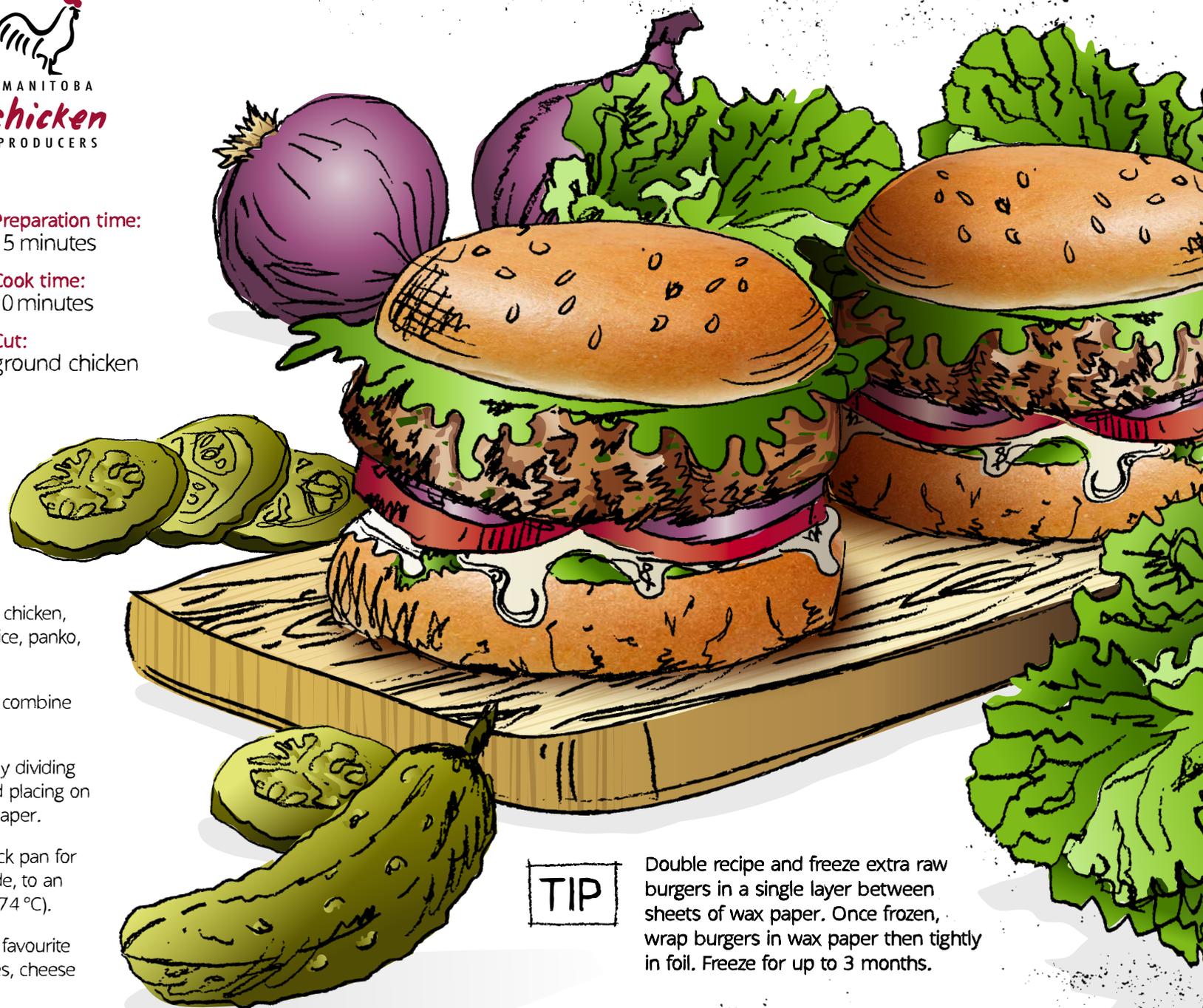
In a medium bowl, add ground chicken, green onion, oregano, lemon juice, panko, mayonnaise, salt and pepper.

Using lightly oiled hands, gently combine ingredients.

Form 4 burger patties by equally dividing mixture into balls, flattening and placing on a baking sheet lined with wax paper.

Cook burgers on grill or non-stick pan for approximately 5 minutes per side, to an internal temperature of 165 °F (74 °C).

Serve on burger bun with your favourite toppings such as sliced tomatoes, cheese and shredded lettuce.



TIP

Double recipe and freeze extra raw burgers in a single layer between sheets of wax paper. Once frozen, wrap burgers in wax paper then tightly in foil. Freeze for up to 3 months.

Benefits of eating chicken

Excellent source of protein

Chicken's high protein content helps generate healthy cells and is essential for building and maintaining muscles.

Full of vitamin B12

B12 is important for healthy red blood cells.

Awesome source of other B vitamins

Contains B vitamins: Biotin, Thiamin, Riboflavin. These help convert food into usable energy.

Great source of iron

High in easy to absorb iron, called heme-iron, important for preventing anemia.

Contains zinc

A mineral we need for a healthy immune system and for wound healing.

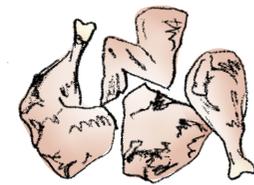
Food safety tips

Food prep, cooking and storage

- Wash hands for 20 seconds with warm soapy water.
- Wash cutting boards, counters and dishes with hot soapy water.
- Do not rinse poultry or other meat as this can spread germs.
- Defrost food in refrigerator, cold water or microwave.
- Use defrosted poultry within 2 days.
- Use a meat thermometer to ensure food is properly cooked.
- Refrigerate leftovers in shallow containers within 2 hours.
- Keep refrigerator at or below 4 °C and freezer at or below -18 °C.
- Throw out leftovers after 3 days.



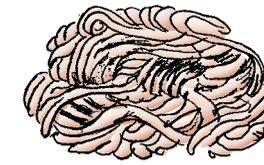
Use this chart to ensure chicken is cooked perfectly



Boneless or bone in pieces

Internal temperature

165 °F | 74 °C



Ground chicken

Internal temperature

165 °F | 74 °C



Whole chicken

Internal temperature

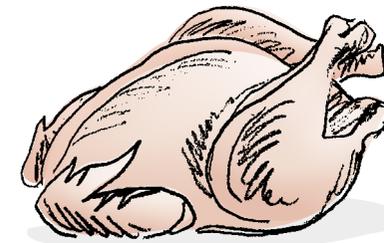
180 °F | 82 °C

Grocery shopping



- ✓ Place poultry and meat in bags provided at meat counter
- ✓ Remember to wash your reusable grocery bags
- ✓ Separate raw meat, seafood and eggs from other foods in grocery cart, when bagging and in refrigerator

How long can you store chicken?



FRIDGE

Whole chicken
2-3 days

Chicken pieces
2-3 days

Cooked chicken
3 days

Ground chicken
1-2 days

FREEZER

Whole chicken
12 months

Chicken pieces
6 months

Cooked chicken
3 months

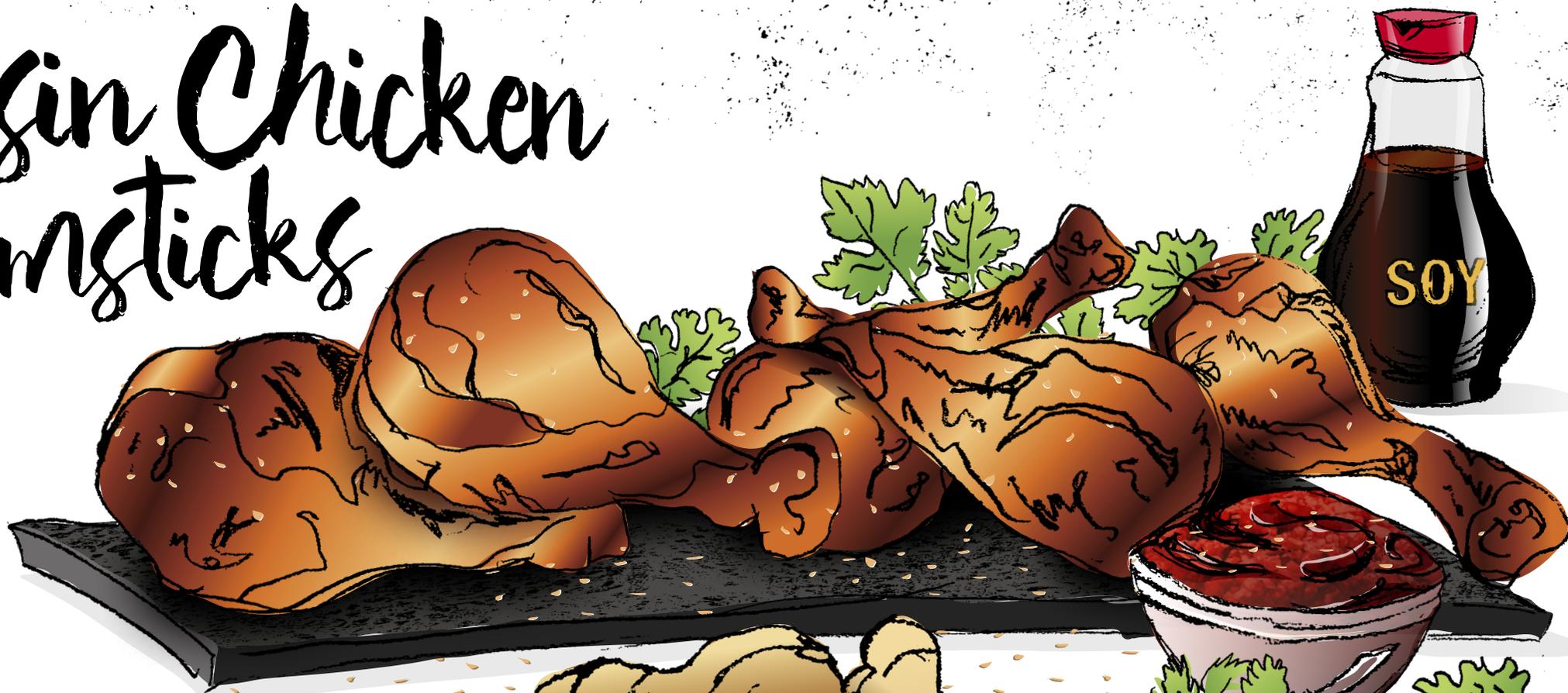
Ground chicken
3 months

Hoisin Chicken Drumsticks

Preparation time:
20 minutes

Cook time:
45 minutes

Cut:
chicken
drumsticks



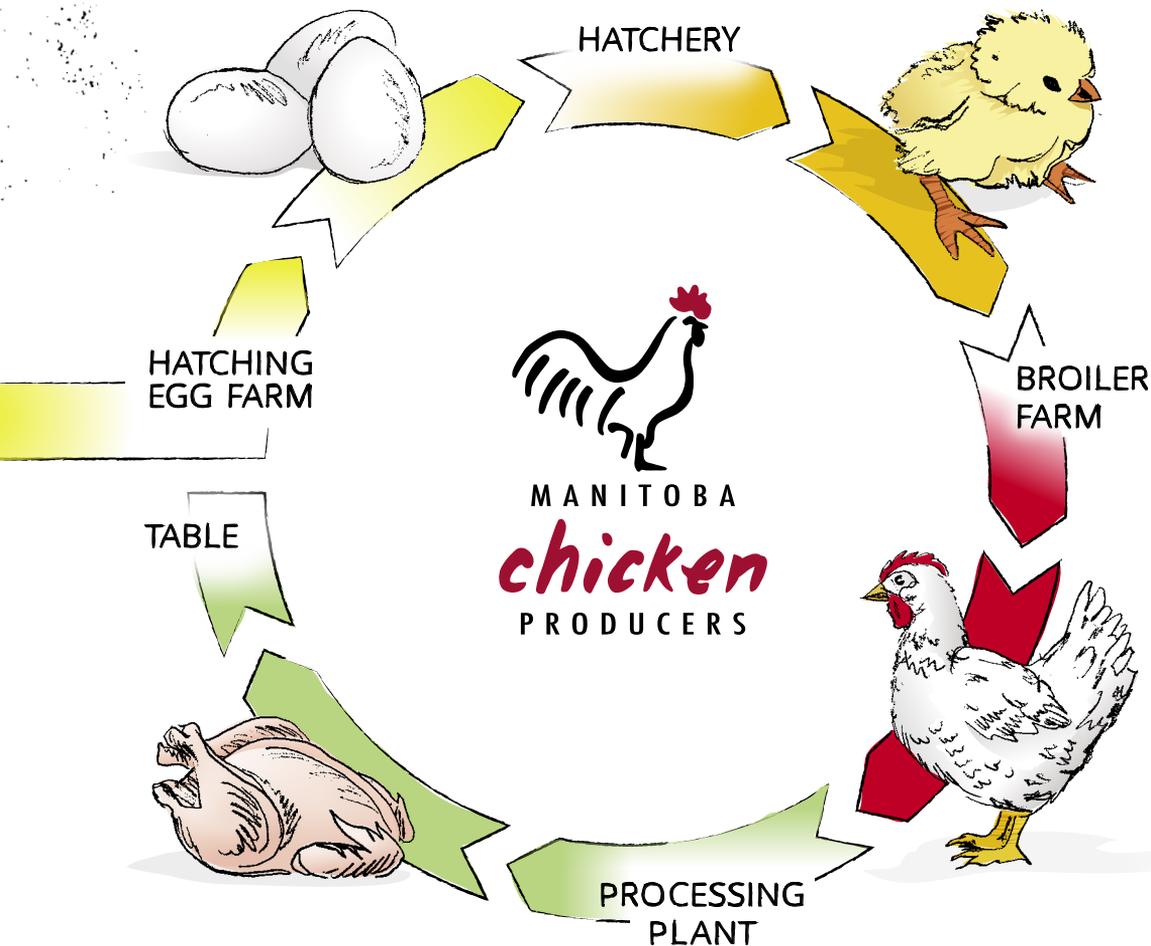
Ingredients

- 2lbs (1000 g) (12) chicken drumsticks
- 3 Tbsp (45 ml) hoisin sauce
- 2 Tbsp (30 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 Tbsp (15 ml) ginger, peeled and finely chopped
- 1 tsp (5 ml) garlic powder
- 1/2 tsp (2.5 ml) dried red pepper chili flakes
- 1 Tbsp (15 ml) sesame seeds (optional)

Preparation

- Preheat oven to 400 °F.
- In a large bowl, whisk hoisin sauce, soy sauce, sesame oil, chopped garlic powder and dried pepper flakes.
- Add the chicken and toss to coat evenly. Marinate in the fridge for 15 minutes.
- Place chicken on a baking sheet lined with foil.
- Bake chicken for about 45 minutes, turning halfway, until meat thermometer reads 165 °F (74 °C).
- Top with sesame seeds, if desired.





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Recipes, tips and how-to's at
manitobachicken.ca