Now you're cooking with MANITOBA Chicken
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chicken
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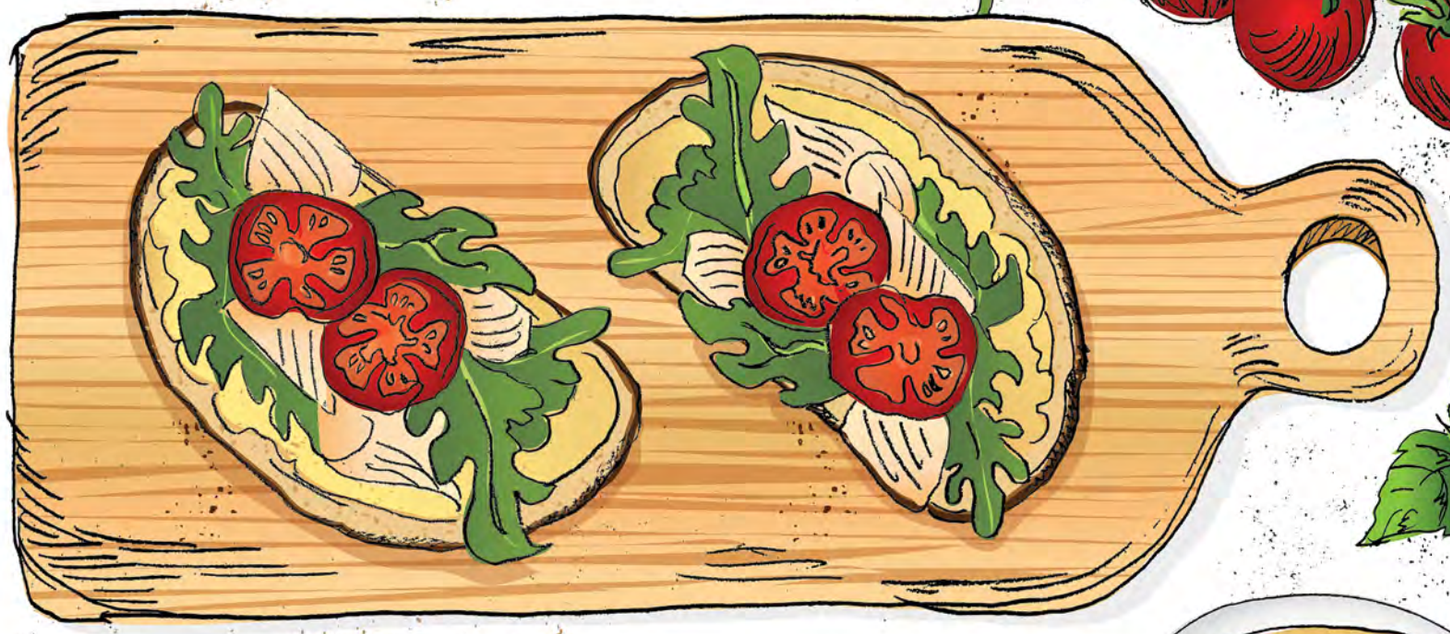
Chicken Hummus Toasts



Ingredients

1 1/2 cups or 2 cooked chicken breasts, sliced thinly on the diagonal (leftover cooked white chicken meat, shredded can also be used)

4 thick slices sourdough or French bread

3/4 cup hummus

1 cup baby spinach or arugula

3 Roma tomatoes, sliced

fresh basil leaves (optional)

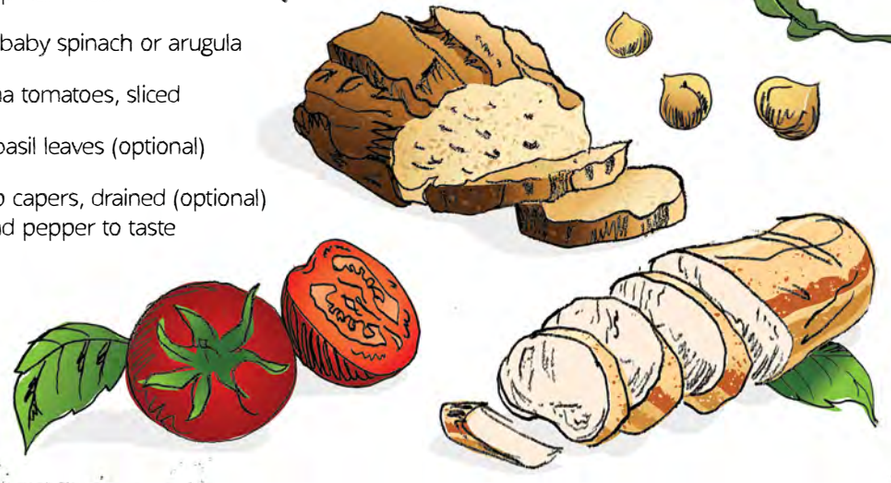
2 Tbsp capers, drained (optional)
salt and pepper to taste

Preparation

Toast bread in toaster or grill until golden.

Spread each toast with hummus and top with spinach or arugula, basil, chicken, capers and tomatoes.

Divide between plates and sprinkle with salt and pepper.



How long can you store chicken?

FRIDGE		FREEZER	
Whole chicken	2–3 days	Whole chicken	12 months
Chicken pieces	2–3 days	Chicken pieces	6 months
Cooked chicken	3 days	Cooked chicken	3 months
Ground chicken	1–2 days	Ground chicken	3 months

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Chicken Cheeseburger Pizza

Ingredients

1 12" prebaked pizza crust

1 Tbsp canola oil

1 lb ground chicken

1 small onion, finely chopped (about 1 cup)

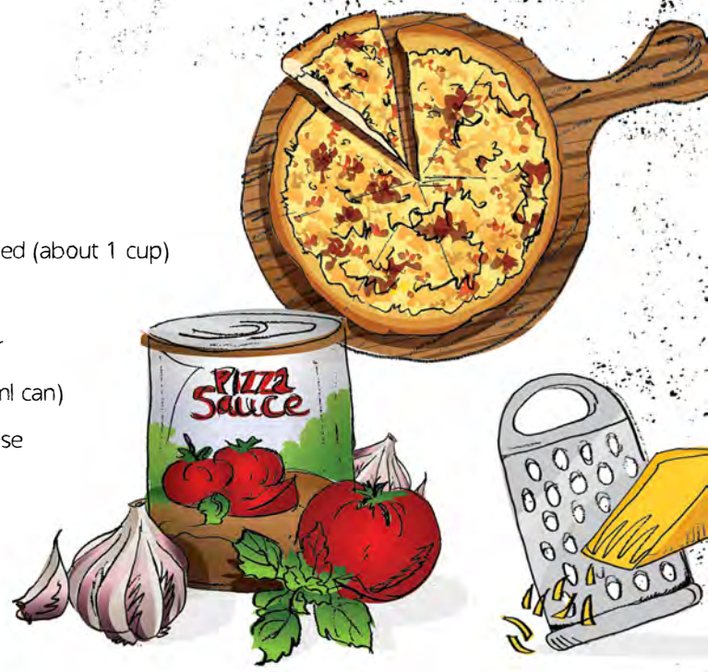
1 clove garlic, minced

1/2 tsp each salt & pepper

3/4 cup pizza sauce (213 ml can)

1 cup grated cheddar cheese

1 cup grated mozzarella



Preparation

Preheat oven to 400°F.

Heat canola oil in frying pan on medium high heat.

Add ground chicken to pan and sauté until crumbly and browned (about 10 minutes). Add onion and garlic and cook another 2-3 min. Remove from heat. Drain any liquid from pan. Add salt, pepper & pizza sauce to chicken mixture and combine.

Place pizza crust on pizza pan or baking sheet. Spread chicken mixture evenly over the crust. Top with cheddar and mozzarella cheeses.

Bake pizza for 8-12 minutes or until cheese is melted and bubbly.

Serve with your favourite cheeseburger toppings such as sliced tomatoes and shredded lettuce.

Busting chicken farming MYTHS

Learn the truth about chicken farming in Canada

MYTH
Chickens are raised in cages.

FACT
Meat chickens, also known as broilers, are free-run. Free-run means chickens roam freely throughout clean, spacious, well-ventilated barns.

MYTH
Chickens are fed hormones and steroids.

FACT
Added hormones and steroids are NOT allowed. They have been banned since the 1960s.

MYTH
Chickens are factory farmed.

FACT
There are no factory farms in Canada. 97% of farms in Manitoba are family owned and operated.

MYTH
Chicken meat contains antibiotics.

FACT
The chicken you eat does not contain antibiotics.

MYTH
Chickens are force-fed.

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

MYTH
You can't buy Manitoba chicken in the winter.

FACT
Manitobans have access to fresh chicken year-round! Look for the Raised by a Canadian Farmer logo on packages.

Raised by a CANADIAN FARMER

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Bruschetta Chicken

Ingredients

4 boneless, skinless chicken breasts

1 tsp dried basil

1/2 tsp cracked black pepper

1 cup prepared bruschetta topping

1/2 cup mozzarella cheese

1/4 cup grated Parmesan cheese

Preparation

Pound chicken breasts with a meat mallet or small sauce-pan to a 1/2 inch, even thickness. Sprinkle with dried basil and black pepper.

Lightly spray a large oven proof skillet (e.g., cast iron) with non-stick spray and heat on medium. Cook chicken breasts until browned on both sides, about 10 minutes per side, and internal temperature of thickest part reads 165° F.

Turn on broiler and position a rack about 4-6 inches from the heat.

Spoon bruschetta topping over chicken, top chicken with cheeses.

Broil for 5-6 minutes until cheese is melted and bubbly.

Serve with pasta, rice or crusty bread.

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Crispy Parmesan Chicken Strips

Ingredients

1/2 cup regular mayonnaise (not light)

1/2 tsp Dijon mustard

1/2 cup grated Parmesan cheese, divided

1/2 tsp dried basil, crumbled

1/4 tsp dried chili flakes (optional)

1 cup panko crumbs

3 skinless, boneless chicken breasts cut lengthwise into 4-5 strips per breast, or 20 chicken breast filets

Preparation

Preheat oven to 425°F

Combine mayo, Dijon, 1/4 cup Parmesan, basil and chili flakes in a shallow dish.

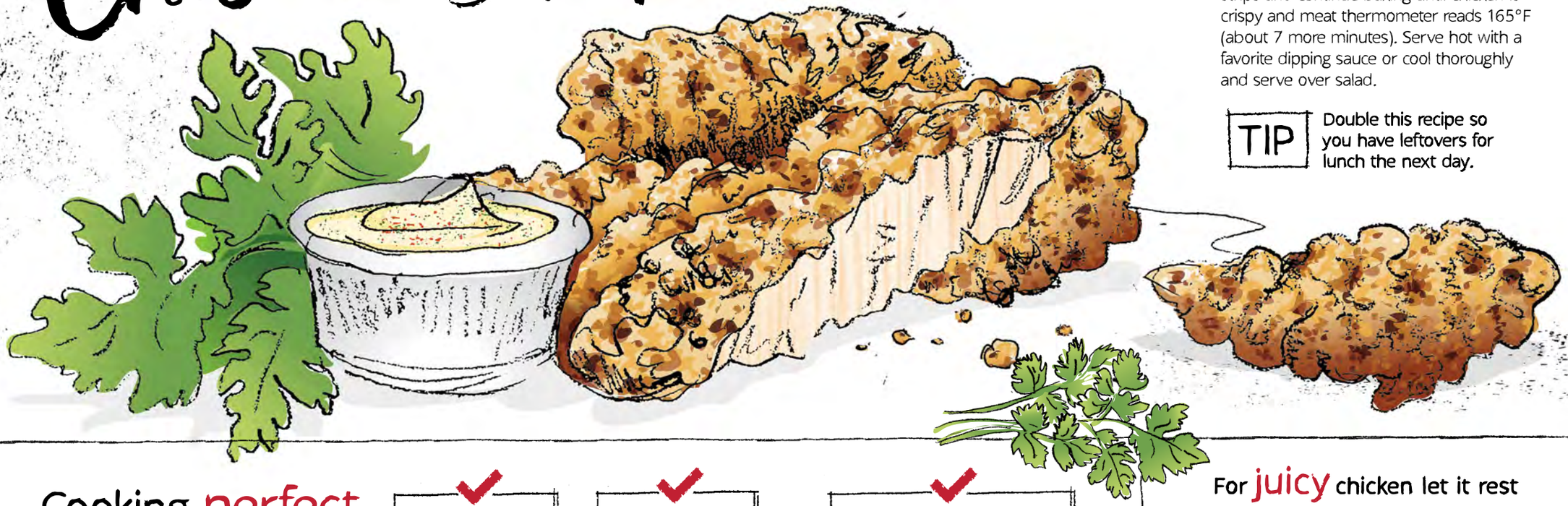
In another shallow dish, spread out the panko crumbs and remaining Parmesan.

Roll each chicken breast strip or filet in the mayo mixture, and then roll in the panko mixture until coated on all sides.

Arrange chicken strips on a parchment covered cookie sheet so the strips don't touch each other.

Bake for 7 minutes on one side then flip strips and continue baking until chicken is crispy and meat thermometer reads 165°F (about 7 more minutes). Serve hot with a favorite dipping sauce or cool thoroughly and serve over salad.

TIP Double this recipe so you have leftovers for lunch the next day.



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

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.

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

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

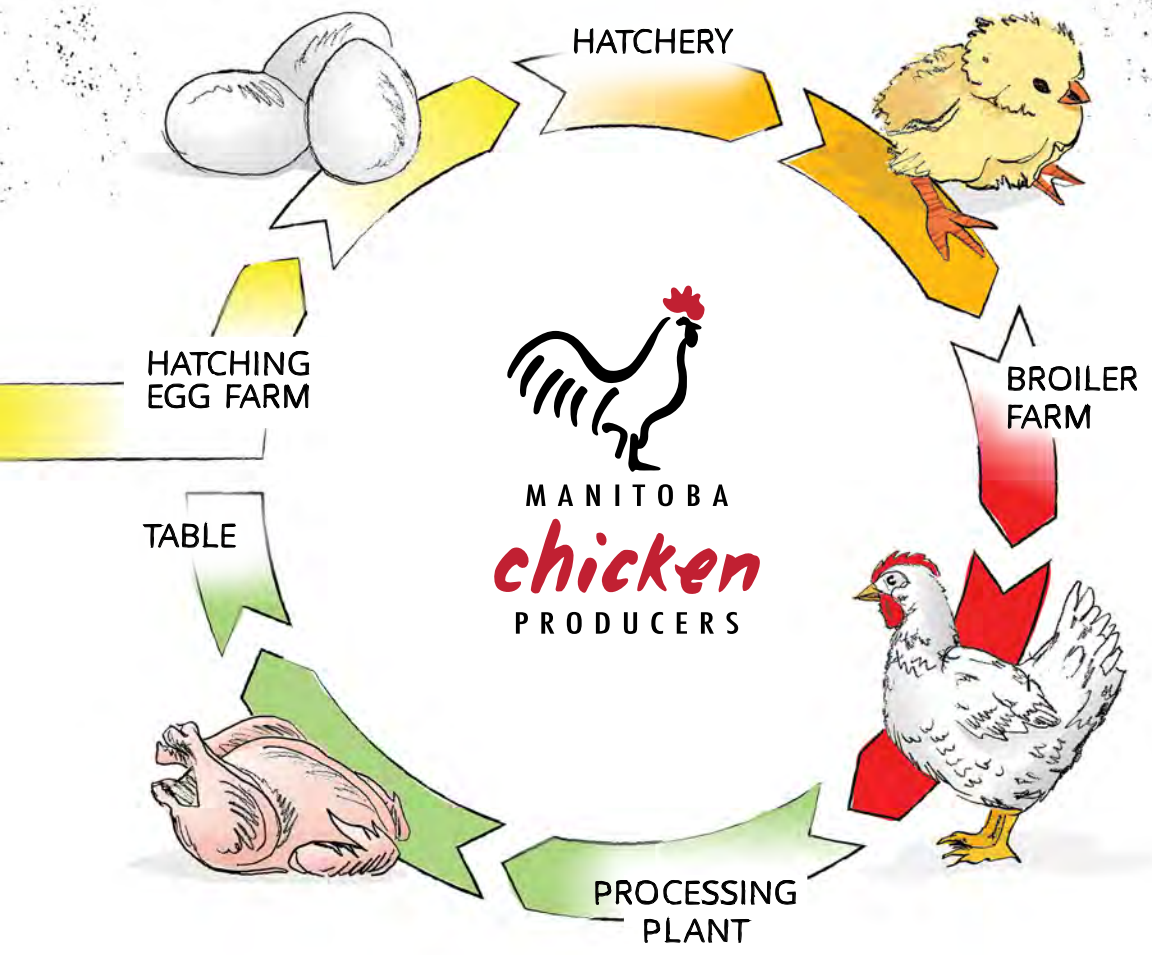
Whole chicken

Internal temperature

180°F | 82°C

ALWAYS
Wash your hands
before and after handling raw chicken

NEVER
Wash your chicken



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