



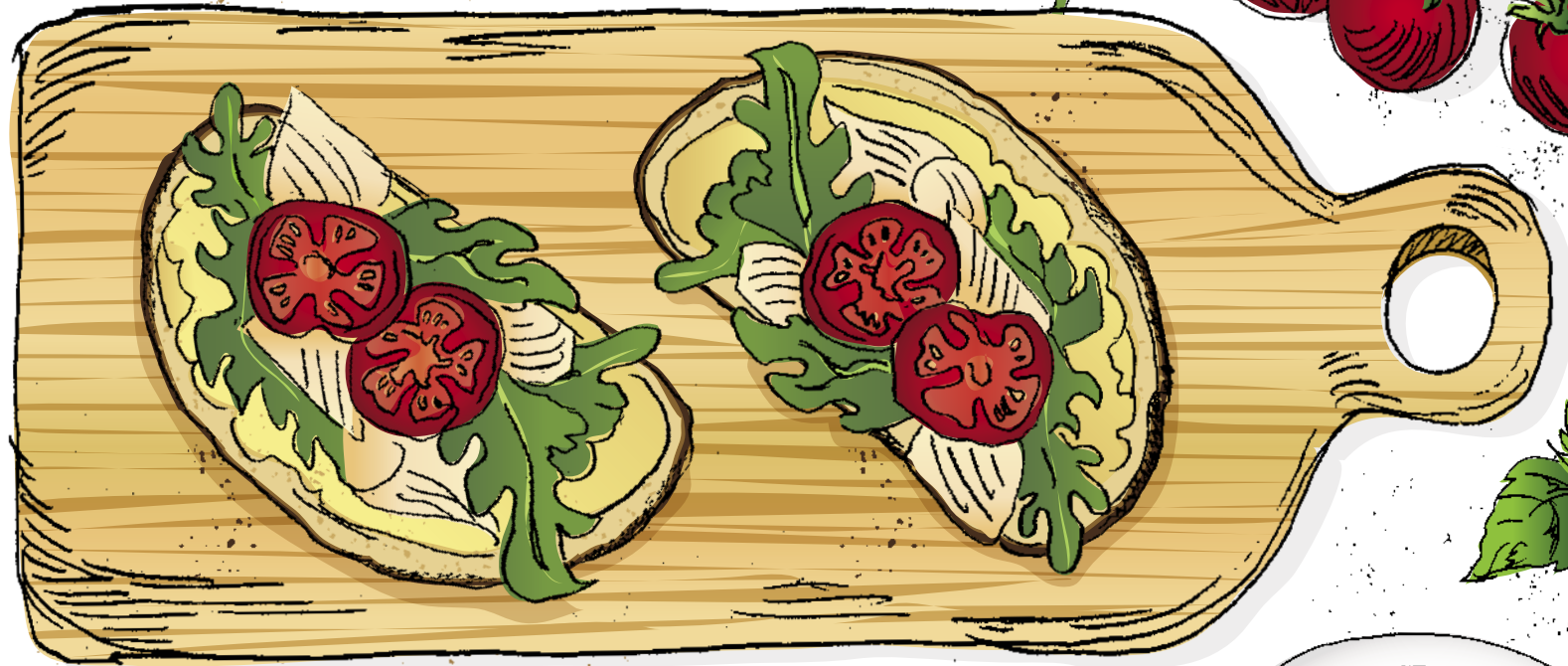
Now you're  
Cooking  
with MANITOBA  
Chicken



MANITOBA  
**chicken**  
PRODUCERS



# Chicken Hummus Toasts



**Preparation time:** 15 minutes

**Cut:** boneless cooked chicken

**Serves 4**

## Ingredients

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 (180 ml) hummus

1 cup (250 ml) baby spinach or arugula

3 Roma tomatoes, sliced

fresh basil leaves (optional)

2 Tbsp (30 ml) 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

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







# Chicken Cheeseburger Pizza



## Ingredients

- 1 12" prebaked pizza crust
- 1 Tbsp (15 ml) canola oil
- 1 lb (450grams) ground chicken
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 3/4 cup (180 ml can) pizza sauce
- 1 cup (250 ml) grated cheddar cheese
- 1 cup (250 ml) grated mozzarella

Preparation time: 15 minutes

Cook time: 8-12 minutes

Cut: ground chicken

Serves 4



## Preparation

Preheat oven to 400 °F.

Heat canola oil in frying pan on medium high heat.

Add ground chicken, chopped onion, and minced garlic to pan and sauté until chicken is crumbly and browned (about 10 minutes). Remove from heat.

Drain any liquid from pan. Add pizza sauce to chicken mixture and combine.

Place pizza crust on pizza pan or baking sheet. Spread chicken mixture evenly over the crusts. 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

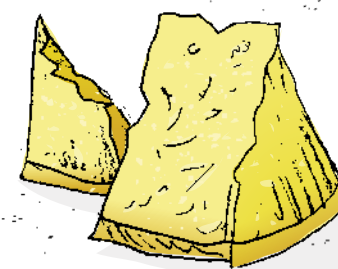
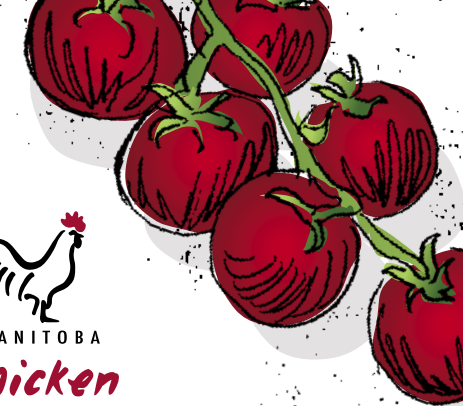
You can't buy Manitoba chicken in the winter.

### FACT

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







# Bruschetta Chicken

**Preparation time:** 15 minutes  
**Cook time:** 25 minutes  
**Cut:** boneless, skinless chicken

**Serves 4**

## Ingredients

- 4 boneless, skinless chicken breasts
- 1 tsp (5 ml) dried basil
- 1/2 tsp (2.5 ml) black pepper
- 1 cup (250 ml) prepared bruschetta topping
- 1 cup (250 ml) mozzarella cheese
- 1/4 cup (60 ml) grated Parmesan cheese
- 1 Tbsp (15 ml) oil

## Preparation

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

Oil a large oven proof skillet (e.g., cast iron) 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 (74 °C).

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 minutes until cheese is melted and bubbly.

Serve with pasta, rice or crusty bread.





# Crispy Parmesan Chicken Strips

Preparation time: 25 minutes

Cook time: 20 minutes

Cut: boneless, skinless chicken

Serves 4

## Ingredients

1/2 cup (125 ml) regular mayonnaise

1/2 cup (125 ml) grated Parmesan cheese, divided

1 tsp (5 ml) dried basil, crumbled

1/4 tsp (1.25 ml) dried chili flakes (optional)

1 1/2 cups (375 ml) panko crumbs

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

## Preparation

Preheat oven to 425°F

Combine mayo, 1/4 cup (60 ml) Parmesan, basil and chili flakes in a shallow dish.

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

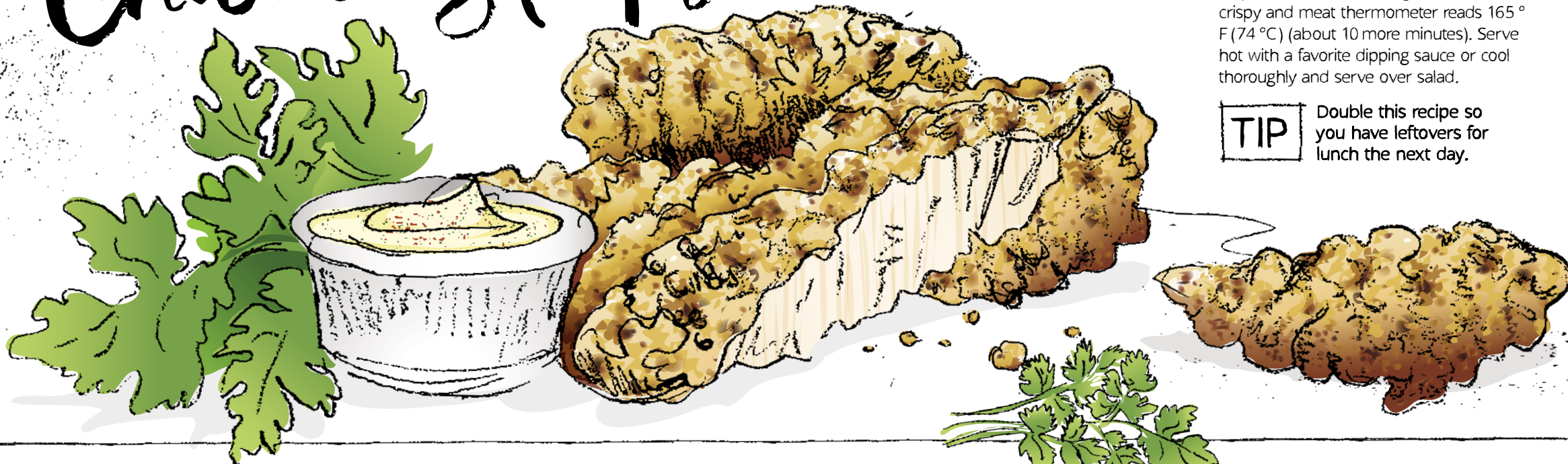
Roll each chicken breast strip or filet in the mayo mixture, and then roll in the panko mixture until coated on all sides.

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

Bake for 10 minutes on one side then flip strips and continue baking until chicken is crispy and meat thermometer reads 165°F (74°C) (about 10 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.

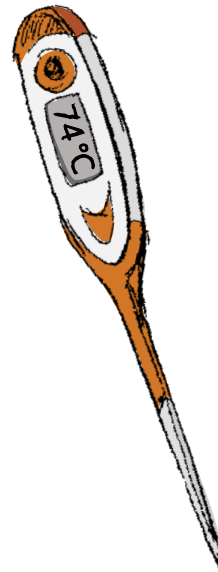
### Contains zinc

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

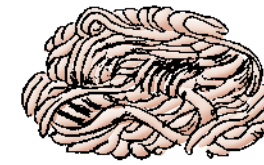
### Use this chart to ensure chicken is cooked perfectly



#### Boneless or bone in pieces

Internal temperature

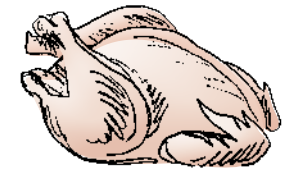
165 °F | 74 °C



#### Ground chicken

Internal temperature

165 °F | 74 °C



#### Whole chicken

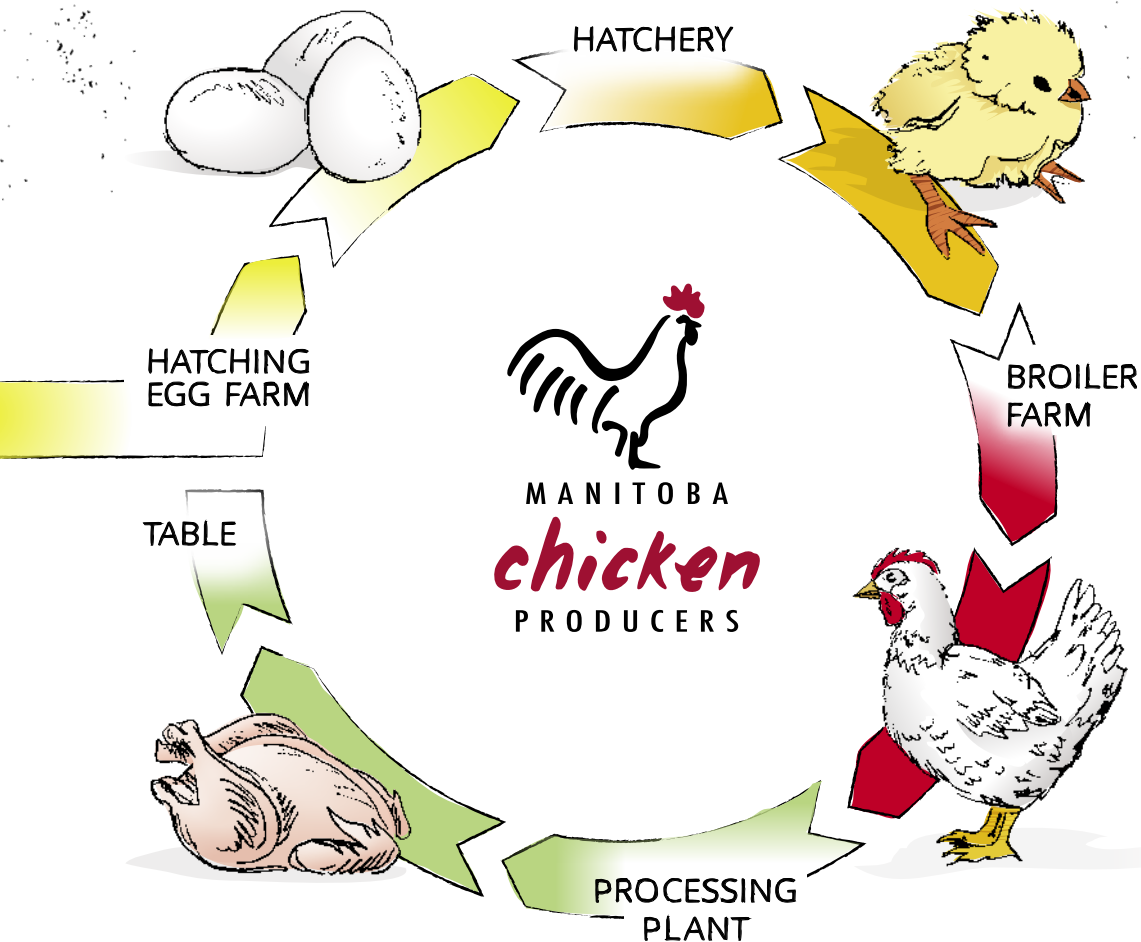
Internal temperature

180 °F | 82 °C

**ALWAYS**  
Wash your hands  
before and after handling raw chicken

**NEVER**  
Wash your chicken





Follow us @manitobachicken



---

Recipes, tips and how-to's at  
[manitobachicken.ca](http://manitobachicken.ca)