

Chicken Breast, Boneless, Skinless, Frozen

MyPlate Food Group: **Protein**



Product Description

- Individually quick frozen (IQF), ready-to-cook, U.S. Grade A boneless, skinless, breast.

Storage

- Keep frozen at 0 degrees F until ready to use.
- After cooking, store leftover chicken in the refrigerator in a covered container that is not made from metal. Use within 3 to 4 days.

Uses and Tips

- Frozen chicken should be cooked to an internal temperature of 165 degrees F as measured by a food thermometer before removing thermometer from the source of heat. You cannot tell if food is cooked safely by how it looks.
- The safest way to thaw frozen chicken is in the refrigerator. It can take 24 hours to thaw 4—5 pounds of frozen chicken, so planning ahead will be helpful. Thawing frozen chicken in room temperature like on a kitchen countertop, may cause harmful bacteria to grow, which can may you sick. Check the package label on your chicken for more cooking and handling information.
- Chicken may be baked, broiled or grilled.
- Cooked chicken can be used in many different ways such as in sandwiches, soups, salads.

Nutrition Information

- 3 ounces of chicken counts as 3 ounces in the MyPlate.gov Protein group. For a 2,000 calorie diet, the daily recommendation is about 5 ½ ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 3 ounces (84g) boneless, skinless, chicken breast

Amount Per Serving

Calories 82 **Calories from Fat** 45

-% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 49mg	16%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 17g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Chicken Soup for the Soul

Makes about 4 servings

Ingredients

- 5–6 cups of chicken broth
- 2 boneless, skinless chicken breast (cooked and cubed)
- 1/2 cup uncooked rice, macaroni or small noodles
- 1 stalk of celery (chopped)
- 1 carrot (chopped)
- 1 onion (chopped)
- 1 cup vegetable (corn or peas)

Directions

1. Combine celery, carrots, onions, corn or peas, and chicken broth in a pot.
2. Bring to a boil.
3. Add chicken.
4. Turn heat down.
5. Add rice, macaroni and/or noodles.
6. Simmer until rice/macaroni/noodles are tender and or flavors mix.

Recipe adapted from Cooking Healthier with FDPIR Foods Cookbook

Stir-Fry with Chicken and Fresh Veggies

Makes about 4 servings

Ingredients

- 4 boneless, skinless chicken breast
- 1/4 cup olive oil
- 3 tomatoes (diced)
- 3 squash (diced)
- 3 zucchini (diced)
- 1 onion (diced)
- Salt and pepper to taste
- 2 cups of cooked rice

Directions

1. Put olive oil in a heavy skillet and heat on medium heat.
2. Add chicken to the skillet and cook until brown.
3. Add tomatoes, squash, zucchini, and onion and cook until tender.
4. Season with garlic powder and onion powder.
5. Serve over cooked rice.

Recipe adapted from Cooking Healthier with FDPIR Foods Cookbook