



Chicken, Split Breast, Frozen

MyPlate Food Group: **Protein**

USDA
Foods

Nutrition Information

- 1 ounce of cooked chicken counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Chicken supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Cook chicken to the internal temperature indicated on the product's packaging.
- Thaw frozen chicken breast in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Chicken can be baked, broiled, or grilled and served with rice or pasta and a vegetable for a quick and easy meal.

Storing Foods at Home

- Keep whole chicken frozen at 0 degrees F until ready to use.
- After cooking, remove meat from bones and store any leftover chicken in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

USDA Foods

Pineapple Mustard Chicken

Makes 4 servings

Ingredients:

- 1 can (20 ounces) crushed pineapple
- 4 split chicken breasts
- salt and pepper
- 1 tablespoon vegetable oil
- 2 cloves garlic, pressed or minced
- 1 teaspoon dried thyme, optional
- 1 tablespoon cornstarch
- ¼ cup honey
- ¼ cup Dijon mustard

Directions: Wash hands with soap and water.

1. Drain pineapple, reserve juice.
2. Sprinkle chicken with salt and pepper.
3. In a skillet, heat oil over medium heat, add chicken and cook until brown one side, 4-5 minutes.
4. Add garlic and thyme, turn and brown other side, 4-5 minutes more. Turn heat to low.
5. Combine 2 tablespoons of the reserved pineapple juice with cornstarch and set aside.
6. Combine honey and mustard, add to skillet with remaining pineapple juice. Spoon sauce over chicken.
7. Cover and simmer for 20-30 minutes or until chicken is fully cooked throughout.
8. Stir cornstarch mixture into pan juices. Add pineapple.
9. Cook, stirring, until sauce boils and thickens.

Recipe adapted from Slippery Rick University

Crispy Baked Chicken

Makes 4 servings

Ingredients:

- non-stick cooking spray
- 1 ½ pounds chicken split breast
- 2 cups corn flakes cereal
- 1 teaspoon garlic powder
- ¼ cup nonfat milk
- Optional seasonings: Italian seasoning, dried basil, or dried oregano

Directions: Wash hands with soap and water.

1. Preheat oven to 425 degrees F. Cover a large baking sheet with foil and spray with non-stick cooking spray.
2. Put corn flakes cereal and garlic powder (and any optional seasoning) into a large, sealable plastic bag or on a large plate. Crush cornflakes with hands or a rolling pin.
3. Pour milk into a small bowl.
4. Dip each chicken piece into milk and then roll in crushed cornflakes. Make sure each piece is coated on all sides.
5. Place coated chicken on baking sheet. Bake for 20-25 minutes or until it reaches the internal temperature indicated on the product packaging.

Recipe adapted from Iowa State University Extension and Outreach