



Chicken, Whole, 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 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 roasted whole or cut into parts and used in a variety of recipes. Serve 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, 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

Whole Roasted Chicken

Makes 8 servings

Ingredients:

Whole roasting chicken, about 5 pounds, thawed in refrigerator 24-48 hours before cooking (check the product package for thawing instructions).

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Remove chicken from packaging. Do not rinse raw poultry. Remove necks and giblets from both chicken cavities.
3. In a roasting pan, that has 2" tall sides, place chicken breast side up.
4. Roast for 1½ hours or until meat thermometer inserted into the chicken breast reaches the internal temperature indicated on the product packaging. The time will vary based on the size of the chicken and the oven. The drumstick meat will feel very soft when pressed between fingers. If chicken is browning too quickly, cover loosely with aluminum foil.
5. Let the chicken sit for 15 minutes after removing from the oven before carving.

Recipe adapted from University of New Hampshire Extension

Baked Chicken with Roasted Vegetables

Makes 6 servings

Ingredients:

4 potatoes, sliced
 1 to 4 cloves garlic (to taste), peeled and cut in half
 6 carrots, sliced
 1 large onion, quartered
 1 whole chicken, cleaned and cut into pieces, skin removed
 ½ cup water
 1 teaspoon thyme
 ¼ teaspoon pepper

Directions: Wash hands with soap and water.

1. Preheat to 400 degrees F. Spray roasting pan with cooking spray or grease with vegetable oil.
2. Place potatoes, garlic, carrots, and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables. Bake until browned and tender, about one hour. Spoon juices over chicken once or twice during cooking. If you've got a meat thermometer, the chicken should register 165 degrees in its thickest part.

Recipe adapted from The Family Dinner Project