



Chicken, Canned

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of canned 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

- Canned chicken is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned chicken can be added to sandwiches, casseroles, soups, or salads.

Storing Foods at Home

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened 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

Hearty Chicken Salad

Makes 4 servings

Ingredients:

- 1 can (12 ounce) chicken, drained
- ½ cup onion, diced OR 1 tablespoon onion powder
- ½ cup apple, diced
- ¼ cup celery, diced (optional)
- ¼ cup grapes, sliced into small pieces (optional)
- ¼ cup pecans OR walnuts, chopped (optional)
- 2 tablespoons mayonnaise (optional)
- ½ teaspoon black pepper (optional)

Directions: Wash hands with soap and water.

1. Combine chicken, onion, apples, celery, grapes, nuts, mayonnaise, and black pepper.
2. Serve with lettuce leaves to make lettuce wraps or on whole grain bread or crackers.

NOTE: You can use the same recipe for tuna salad, just take out the fruit and add 1-2 diced boiled eggs.

Recipe adapted from First Nations Development Institute

Chicken & Dumplings Casserole

Makes 8 servings

Ingredients:

- 3 tablespoons vegetable oil
- 1 cup onions, chopped
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 3 cups low sodium chicken broth
- 3 tablespoons flour
- 2 cups canned chicken, drained
- 1 cup frozen peas
- salt and pepper

Dumplings:

- 1 cup flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ⅓ cup nonfat or 1% milk

Directions: Wash hands with soap and water.

1. Heat vegetable oil in a large skillet over medium-high heat and cook onions, carrots, and celery until soft.
2. Add a small amount of broth to the flour and stir until smooth. Slowly mix in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, peas, salt, and pepper. Heat on low while making dumplings.
4. **For the Dumplings:** Sift the flour, baking powder and salt together into a mixing bowl.
5. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
6. Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by the spoonful onto chicken mixture (makes about 8 dumplings).
7. Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.

Recipe adapted from FoodHero.org