



# CHICKEN

A GOOD CHOICE!



Chicken Farmers  
of Canada  
Les Producteurs de  
poulet du Canada



## CHICKEN: A GOOD CHOICE!

**Eating well is easy.** Choosing nutritious food and adding variety to our menus are ways to promote good health. In addition to being part of a healthy diet, chicken appeals to people of all ages.

Chicken is easy to digest, it's affordable and you can prepare it in so many ways. No other meat is so versatile.

### CHICKEN is a part of a healthy diet.

- > It's an excellent lean source of protein, niacin and Vitamin B6, and a good source of other nutrients.
- > Protein helps to fight infection by helping to build antibodies. The amino acids found in chicken protein are important for the growth, maintenance and repair of body tissues, muscles and cells.
- > Niacin helps to build and maintain healthy skin and aids in the digestion and absorption of food.
- > Vitamin B6 is essential for the metabolism of protein and amino acid synthesis.
- > Pantothenic acid helps in the release of energy.
- > Chicken is also a good source of iron, zinc and phosphorous, which are important for healthy bones and teeth.

**EAT BALANCED MEALS** Pay attention to the fat, sugar and salt (sodium) content of foods. Read the nutrition facts label on the package. Make sure you not only look at the list of ingredients and the nutrition information but also the serving size. The nutrition information on the package is based on the serving size which is often smaller than you think.

What to look for on a nutrition label per serving:

- LESS than 10 grams of total fat
- LESS than 2 grams of saturated fat
- LESS than 500 mg of sodium
- MORE than 3 grams of fibre
- LESS than 10 grams of sugar

Nutrition Facts	
Serving Size	
Amount Per Serving	
Calories 155	% Daily Value*
Total Fat 9 g	16 %
Saturated Fat 1 g	15 %
Trans Fat	
Cholesterol 0 mg	0 %
Sodium 148 mg	6 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 4 g	5 %
Sugars 1 g	
Protein 2g	

## TIPS FOR WEIGHT LOSS

**Eliminating starches at dinner can contribute to weight loss since we tend to eat a large amount of starch at dinner.** This doesn't mean cutting out all starches, especially at breakfast and lunch and snack times, but try to eat high fibre whole grains!

- > Purge your pantry of unhealthy foods such as highly sweet or salty snacks.
- > Create a positive health environment for yourself. Don't keep danger foods at your desk or at home.
- > Make sure you have plenty of healthier options for snacking such as fruits and vegetables, nuts and seeds, granola bars and single serve tuna.
- > Its true breakfast is the most important meal of the day! Breakfast kick starts your metabolism and if you eat enough protein at breakfast you won't over eat at lunch. Try having a boiled egg for breakfast with a piece of whole grain toast and some fruit. Or try a fruit smoothie with added protein powder. The protein will keep you feeling full longer. You can buy unsweetened soy or whey protein powder in your grocery store.



### Vegetables

Vegetables are not only full of antioxidants (cancer fighting nutrients) and vitamins/minerals, but they are usually low in "natural sugars" and contain fibre which is not only great for your body but also helps keep you feeling full. Try to eat less of the higher starch vegetables such as regular potatoes, corn, green peas, turnip, squash and carrots.

Be sure to eat at least 2 vegetable servings at lunch and 2 vegetable servings at supper. Try to have no more than one "starchy" vegetable at each meal. Go for colour! Vibrant green, red and orange vegetables are usually the healthiest choice.

### Fruit

Fruits are also very high in antioxidants and full of many nutrients and fibre. Try to eat 2 to 3 servings per day. Fruit is a great snack in between meals. A few of the higher fibre fruits are berries, apples, avocado, pears, kiwi, oranges, and prunes.

Try to choose whole fruit over fruit juice. If you are diabetic eating whole fruit will have less of an impact on blood sugars than drinking juice. Even if you aren't diabetic, the fibre in whole fruit will keep you feeling fuller longer and more satisfied than by drinking juice. If you choose to drink a small amount of real fruit juice (no added sugar), a ½ cup (125 mL) equals one serving of fruit.

### **Whole grains**

Adding more fibre to your diet is a good thing. Fibre not only helps keep you regular but will also help keep your blood sugars more stable. Stable blood sugar keeps your body functioning properly and keeps you feeling well. If your blood sugar gets low you'll start to feel weak and

possibly worse, this is especially important if you are diabetic or pre-diabetic.

There are 2 kinds of fibre in foods: soluble and insoluble. Soluble fibre will help lower cholesterol and can improve your heart disease risk.

Insoluble fibre (the bran, bulk, and endosperm of the grain) is important because it is difficult to digest and it adds bulk, which slows down the rate at which your food gets digested and lessens the rise in blood sugars. It also helps to prevent constipation and will make you feel fuller, longer which will help promote weight loss. Your diet should include 25 to 30 grams of fibre per day, including 10 to 15 grams of soluble fibre.

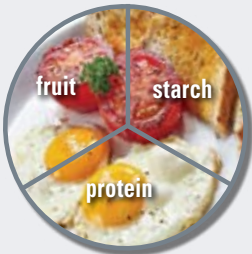
### **Protein**

Protein foods are an important source of energy. They make you feel fuller and do not have much effect on blood sugars. But, choose wisely and choose leaner cuts of chicken, beef, pork, turkey, fish, milk & dairy products, nuts and nut products, eggs, tofu and soy products. Beans, peas and lentils are starchy vegetables and are better known



for their starch content rather than their protein content. Legume type proteins will have a slight effect on blood sugar due to their carbohydrate content but they are full of soluble fibre.

**EATING BALANCED MEALS WITH PLENTY OF WHOLE GRAINS, VEGETABLES, FRUIT AND LEAN PROTEIN WILL HELP KEEP YOU FEELING FULL AND SATISFIED LONGER. This will help curb cravings for high calorie foods.**



**Breakfast**



**Lunch**



**Dinner**

**EXERCISE** is part of a healthy lifestyle and achieving or maintaining a healthy weight.

Make sure you get at least 150 minutes of exercise per week. Exercise doesn't have to be structured, like at a gym, but can be as easy as walking, biking or taking the stairs instead of the elevator. Record your daily activity. Use a pedometer to count your daily steps. The goal is 10,000 steps per day. Go slowly at first and gradually increase the number of steps and intensity.

**FARMERS** care about what you serve your family.

The Canadian chicken industry works hand in hand with the Canadian Food Inspection Agency and other provincial and federal government departments to ensure that Canadian chicken is a safe choice for your family.



**ON-FARM FOOD SAFETY** Canadian chicken farmers follow an on-farm food safety assurance program, called **"Safe, Safer, Safest."** This rigorous program includes measures aimed at keeping chickens healthy.

Highlights of the program include:

- > limiting contact between chickens and other animals and humans
- > restricting access to barns to only essential people and ensuring that they sign a visitor's logbook
- > changing into barn-specific footwear before entering the barn
- > cleaning their barns after each flock
- > thoroughly and routinely cleaning all equipment before it is brought into the barn

**ANIMAL HEALTH IS IMPORTANT TO CHICKEN FARMERS** Chickens in Canada are raised in clean, well-ventilated barns, where they can roam freely, eat and drink whenever they want to and are protected from predators and the harsh Canadian climate.

The main ingredient of chicken feed is usually a blend of wheat, corn and barley. To improve the taste, texture and nutritional content of feed, other ingredients are added such as soybean, canola, or bone meal, vegetable fats, minerals and amino acids. Tiny quantities (1.5%) of vitamins and minerals are added to prevent nutrient deficiencies.

**THERE ARE NO HORMONES GIVEN TO CHICKENS! IN CANADA, THE USE OF HORMONES AND STEROIDS IN CHICKEN FEED WAS BANNED IN THE 1960s.**

More detailed health information is also available by clicking on Health and Nutrition Information on **www.chicken.ca**.

Sign up for our weekly newsletter and visit our blog at **www.chickenfeeds.ca**.



# Chicken and Soba Noodle Salad with Fresh Mint

Serves: 4



**2 cups (500 mL)** cooked chicken, chopped  
**½ lb (227 g)** snow peas (mange tout)  
**1 cup (250 mL)** carrots, shredded  
**1 cup (250 mL)** zucchini, chopped  
**8 oz (230 g)** kamut udon noodles  
**1 cup (250 mL)** green onion, chopped  
**¼ cup (60 mL)** mint leaves, minced  
**1 Tbsp (15 mL)** ginger root, minced  
**2 Tbsp (30 mL)** brown rice vinegar  
**1 Tbsp (15 mL)** Tamari, low sodium  
**1 Tbsp (15 mL)** sesame oil, toasted  
**1 tsp (5 mL)** black pepper, freshly-ground  
**4 sprigs** fresh mint (optional garnish)

**PER SERVING:** 410 calories, 37 g protein, 7 g total fat (1 g sat. fat), 51 g carbs, 6 g fibre, 60 mg cholesterol  
% DV: 17% sodium, 24% potassium, 8% calcium, 35% iron, 110% vit A, 90% vit C, 3% folate, 12% vit B12

## PREPARATION:

1. Bring a large pot of water to a boil. Add snow peas and cook quickly until bright green and crisp-tender – about 2 minutes. Use a slotted spoon and transfer to a colander. Run cold water over the snow peas to stop cooking. Quickly blanch carrots and zucchini using the same method.
2. Return water to a boil and cook udon noodles in unsalted water according to package directions. Drain and transfer noodles to a large bowl.
3. Add blanched vegetables to bowl and toss. Next add chopped green onions, minced mint and ginger root, brown rice vinegar, tamari, black pepper and chopped chicken and toss again.
4. Garnish with sprigs of fresh mint (optional).

**Note:** Soba noodles can be substituted for udon noodles.



## Grilled Chicken with Fig, Grape and Walnut Salsa

Serves: 4

### GRILLED CHICKEN

**4** chicken breasts, skinless, boneless  
**2 tsp (10 mL)** olive oil  
**1/8 tsp (.6 mL)** salt  
**1/2 tsp (2.5 mL)** black pepper, freshly-ground

### PREPARATION:

1. Use a kitchen brush to coat top of chicken breasts with olive oil. Sprinkle with salt and freshly ground black pepper.
2. Preheat grill over medium high heat. Grill approximately 10 minutes on each side and chicken reaches an internal temperature of 165°F (74°C).

**PER SERVING:** 460 calories, 48 g protein, 11 g total fat (2 g sat. fat), 37 g carbs, 4 g fibre, 115 mg cholesterol  
% DV: 8% sodium, 29% potassium, 8% calcium, 15% iron, 15% vit A, 25% vit C, 7% folate, 38% vit B12

### FIG, GRAPE AND WALNUT CHUTNEY

**2 cups (500 mL)** red grapes  
**1/2 cup (125 mL)** red onion, chopped  
**1/2 cup (125 mL)** red wine vinegar  
**1/2 cup (125 mL)** red wine  
**1/2 cup (125 mL)** figs, dried  
**1/4 cup (60 mL)** walnuts, chopped  
**2 tsp (10 mL)** paprika, sweet (or 1 tsp each sweet and smoked)  
**1/2 tsp (2.5 mL)** ginger, ground  
**1/4 tsp (1.25 mL)** cinnamon

### PREPARATION:

1. Cut the grapes in half. Add to a medium saucepan.
2. Add the remaining ingredients to the pot. Bring to a boil; reduce heat and simmer for 10 minutes. Place in a serving dish and set aside. The chutney is best served warm.

**Note:** Serve the simple grilled chicken with the tasty fig and grape chutney.



# Big Batch Chicken, Lentil, Bean and Rice Soup

Serves: 20



**2 cups (500 mL)** cooked chicken breast, skinless, chopped  
**1 Tbsp (15 mL)** olive oil  
**3** garlic cloves, minced  
**1** onion, large, diced  
**1 cup (250 mL)** lentils, pink, raw  
**½ cup (125 mL)** long-grain brown rice, dry  
**16 cups (4 L)** chicken broth, low sodium  
**1 cup (250 mL)** carrots, diced  
**1 cup (250 mL)** celery, sliced  
**1** green pepper, medium, diced  
**56 fl oz (1.6 L)** tomatoes, diced, canned (2 cans x 28 fl. oz/796 mL)  
**19 fl oz (540 mL)** kidney beans, canned with liquid  
**1 tsp (5 mL)** basil, dried  
**½ tsp (2.5 mL)** thyme, dried  
**½ tsp (2.5 mL)** oregano, dried  
**½ tsp (2.5 mL)** salt  
**½ tsp (2.5 mL)** black pepper, freshly-ground  
**1 cup + 3 Tbsp (300 mL)** cheddar cheese, shredded  
**1 cup (250 mL)** fresh parsley, chopped

## PREPARATION:

1. Heat oil over medium heat in large soup pot. Sauté diced onion and minced garlic until soft but not browned. Add lentils, rice and chicken broth and bring to a boil. Cover and cook over low heat 5-8 minutes.
2. Puree one can or half of the diced tomatoes. Add carrots, celery, green pepper, pureed tomatoes and beans with liquid to soup. Cover and simmer about 45 minutes or until lentils and rice are cooked.
3. Stir in cooked chopped chicken and season with basil, thyme, oregano, salt and pepper.
4. Ladle into bowls and serve with grated cheddar cheese and minced parsley.

**PER SERVING:** 190 calories,  
16 g protein, 5 g total fat (2 g sat. fat),  
20 g carbs, 4 g fibre, 20 mg cholesterol  
% DV: 15% sodium, 13% potassium,  
10% calcium, 15% iron, 35% vit A,  
30% vit C, 4% folate, 16% vit B12



## Easy Chicken Stuffed Peppers

Serves: 8

- 1 lb (450 g)** lean ground chicken
- 2** yellow peppers
- 1** red pepper
- 1** green pepper
- 1** jalapeño, fresh, seeded and diced
- ¼ cup + 1 Tbsp (75 mL)** barbecue sauce
- 2 cups (500 mL)** brown rice, basmati, cooked
- 1** egg, medium
- 1 cup (250 mL)** mushrooms, sliced
- 1 cup (250 mL)** carrots, grated
- 1 tsp (5 mL)** cumin, ground
- 8** parsley, sprigs (optional garnish)

**PER SERVING:** 240 calories, 14 g protein, 9 g total fat (0 g sat. fat), 26 g carbs, 4 g fibre, 65 mg cholesterol  
% DV: 6% sodium, 8% potassium, 4% calcium, 10% iron, 60% vit A, 220% vit C, 1% folate, 3% vit B12

### PREPARATION:

1. Preheat oven to 350°F (190°C)
2. Cut peppers in half vertically through the stems and discard inner seeds and membranes. Keep the stems on as they look nice and help to hold in the filling.
3. Mix ground chicken with cooked rice and remainder of ingredients.
4. Fill peppers with chicken and rice mixture. You can mound them fairly high. Arrange in a baking dish and add a cup of water to bottom of baking dish.
5. Bake for 45 minutes or until ground chicken stuffed peppers are thoroughly cooked and no hint of pink remains in the ground chicken.

**Note:** You can use leftover cooked rice in this recipe. Any cooked grain would work well such as barley or millet. If you have leftover filling bake it in a small oven proof bowl and use it as a mini-meatloaf for sandwiches or wraps.

Pack leftover peppers in lunches.



## Miso Chicken with Wehani Brown Rice & Snow Peas

Serves: 4

4 chicken breasts, skinless, bone-in  
2 Tbsp (30 mL) brown sugar  
1 Tbsp (15 mL) soy sauce, sodium reduced  
1 tsp (5 mL) sesame oil, toasted  
1 Tbsp (15 mL) brown rice vinegar  
1 Tbsp (15 mL) water  
2 Tbsp (30 mL) miso, any type  
1 cup (250 mL) wehani rice, dry  
2 cups (500 mL) water  
2 cups (500 mL) snow peas, trimmed  
1 cup (250 mL) carrot, fresh, grated  
2 Tbsp (30 mL) chives, chopped (optional)  
1 Tbsp (15 mL) sesame seeds, whole (optional)

Note: There are a lot of different kinds of miso but basically it is a traditional Japanese seasoning paste produced by fermenting rice, barley and/or soybeans. Sweet, salty miso marinades are common in Japanese cooking. Miso is also used in sauces, spreads, soup etc.

Miso keeps well in the refrigerator for up to 6 months and you can also keep it in the freezer as the paste will stay soft.

Brown rice can be substituted for Wehani rice.

### PREPARATION:

1. Combine brown sugar, soy sauce, sesame oil, brown rice vinegar, water and miso in a small bowl to make a thin paste.
2. Place chicken breasts in a shallow baking dish. Pour marinade over chicken pieces and turn to coat pieces. Cover and marinate in the refrigerator 1 to 2 hours.
3. Transfer dish to a preheated 350°F (180°C) oven and bake for one hour or until chicken is cooked through and meat thermometer registers 165°F (74°C).
4. Meanwhile, cook rice according to package directions in unsalted water. During last ten minutes of cooking add the snow peas and grated carrot. Put the lid back on and finish cooking. Mix well.
5. Serve the baked miso chicken with the rice. Garnish with fresh chopped chives and sesame seeds.

**PER SERVING:** 560 calories, 64 g protein, 9 g total fat (2 g sat. fat), 58 g carbs, 5 g fibre, 145 mg cholesterol  
% DV: 26% sodium, 28% potassium, 8% calcium, 20% iron, 100% vit A, 60% vit C, 3% folate, 48% vit B12



## Chicken Marbella with Green Peas

Serves: 4

- 4** chicken breasts, skinless, bone-in
- ½ cup (125 mL)** white wine, dry
- ½ cup (125 mL)** chicken broth, low sodium
- ½ cup (125 mL)** prunes, dehydrated
- ¼ cup (60 mL)** brown sugar
- ¼ cup (60 mL)** red wine vinegar
- ¼ cup (60 mL)** green olives sliced
- 4** garlic cloves, minced
- 2** bay leaves
- 1 Tbsp (15 mL)** olive oil
- 2 tsp (10 mL)** oregano, dried
- ½ tsp (2.5 mL)** black pepper, freshly-ground
- 2 cups (500 mL)** green peas, frozen

Note: Marbella is a Mediterranean city in Andalusia, Spain.

Serve this saucy chicken over roasted rosemary potatoes.

**PER SERVING:** 550 calories, 66 g protein, 10 g total fat (2 g sat. fat), 43 g carbs, 4 g fibre, 155 mg cholesterol  
% DV: 19% sodium, 34% potassium, 8% calcium, 25% iron, 20% vit A, 35% vit C, 0% folate, 52% vit B12

### PREPARATION:

1. Preheat oven to 350°F (180°C).
2. Combine wine, broth, prunes, brown sugar, vinegar, olives, garlic, bay leaves, olive oil, oregano and black pepper in a saucepan. Bring to a gentle boil over medium heat. Reduce the heat and simmer, uncovered, for 10 minutes. Season to taste with pepper.
3. Place chicken breasts in a large shallow baking dish. Pour the sauce over the chicken. Place chicken breasts in the oven, turning half way through baking and baste with more sauce. Cook chicken thoroughly until the juices are clear, for approximately 50-60 minutes, and the internal temperature reaches 165°F (74°C). Scatter frozen green peas over the top during last 5 minutes of baking. Stir peas into sauce and around chicken.
4. Serve baked chicken with pan juices.

# Ground Chicken and Salsa Sloppy Joes

Serves: 8



- 1 lb (400 g)** lean ground chicken
- 1 tsp (5 mL)** vegetable oil
- 1 cup (250 mL)** onion, diced
- 1 cup (250 mL)** red pepper, diced
- 1 tsp (5 mL)** chili powder
- 2 cups (500 mL)** salsa
- 8** English muffins, whole wheat (65 grams each)

## PREPARATION:

1. Heat oil over medium heat in a non-stick skillet. Sauté ground chicken with diced onion and red pepper for 3 minutes. Cook until no pink remains and chicken is cooked through.
2. Stir in salsa and bring to a boil. Reduce heat and simmer for another 5 minutes.
3. Meanwhile, slice English muffins in half; toast under broiler. Spoon  $\frac{1}{2}$  cup (125 mL) chicken mixture over bottom halves; cover with tops and serve.

Note: makes 1 liter of sauce which is enough for 8 half cup (125 mL) servings.

## PER SERVING:

280 calories, 15 g protein, 9 g total fat (0 g sat. fat), 36 g carbs, 5 g fibre, 35 mg cholesterol  
% DV: 28% sodium, 12% potassium, 8% calcium, 15% iron, 25% vit A, 45% vit C,  
19% folate, 0% vit B12



## Gin & Tonic Kabobs with Mint Tabouleh

Serves: 8

### CHICKEN KABOBS:

**3.3 lb (1.5 kg)** chicken breast, boneless, skinless

**½ cup (125 mL)** tonic water

**¼ cup (60 mL)** gin

**¼ cup (60 mL)** lime juice

**1 Tbsp (15 mL)** lime zest

**¼ cup (60 mL)** mint leaves, minced

**¼ tsp (1.25 mL)** salt

**½ tsp (2.5 mL)** black pepper, freshly-ground

**½ tsp (2.5 mL)** cinnamon, ground

**½ tsp (2.5 mL)** coriander, ground

**½ tsp (2.5 mL)** anise seeds, whole

**1** red onion (approx. 2 cups when cut into chunks)



### PREPARATION:

1. Soak 8-10 bamboo skewers in water for at least 20 minutes.
2. Cut boneless skinless chicken into 2 inch (5 cm) cubes and place in large bowl or plastic zip lock bag.
3. Pour gin and tonic over chicken and mix. Add lime juice, lime zest, mint, salt, pepper, spices (cinnamon, coriander, anise seeds) and mix again. Leave to marinate in the refrigerator for 1-3 hours. The gin is strong so it is not recommended that you marinate overnight.
4. Cut red onion into chunks.
5. Skewer chicken kabobs alternating between red onion and chicken cubes. Set the skewers on large platter and baste with additional marinade.
6. Grill (or broil) for 20 minutes or until the onions begin to brown slightly and chicken reaches internal temperature of 165°F (74°C). Turn the skewers to ensure even cooking. Serve with mint tabouleh (recipe below).

**PER SERVING:** 380 calories, 47 g protein, 7 g total fat (1.5 g sat. fat), 27 g carbs, 6 g fibre, 110 mg cholesterol  
% DV: 20% sodium, 24% potassium, 6% calcium, 20% iron, 30% vit A, 50% vit C, 11% folate, 36% vit B12

### MINT TABOULEH:

- 2 cups (500 mL) water, boiling
- 1 cup (250 mL) bulgur wheat
- 1 tsp (5 mL) salt
- 2 fresh tomatoes, large
- 1 small English cucumber
- 1 cup (250 mL) green onions, sliced
- ¼ cup (60 mL) mint leaves, minced
- ½ cup (125 mL) parsley, fresh, minced
- ¼ cup (60 mL) lemon juice
- 2 Tbsp (30 mL) olive oil
- 1 tsp (5 mL) black pepper, freshly-ground
- red leaf lettuce

### PREPARATION:

1. Pour boiling water over bulgur in small pot with lid. Add salt and stir. Cover and set aside for 30 minutes. The water will absorb into the bulgur as it sits.
2. Add diced tomatoes, cucumber and sliced green onions to bulgur. Stir well.
3. Add minced mint and parsley, fresh squeezed lemon juice, olive oil and black pepper.
4. Serve tabouleh on a bed of lettuce with the Gin & Tonic Kabobs.

**Note:** These fresh tasting kabobs are delicious. Make them the conversation piece at your next gathering!

Gin is a distilled spirit that contains a number of herbs. All gin and genever makers have their own secret combination of botanicals, the number of which can range from as few as four to as many as 15. The spices used in the marinade are often used in gin making.



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