



CHICKEN ON A BUDGET



BUDGET FRIENDLY QUICK AND DELICIOUS CHICKEN MEALS

Check out all the delicious meals
that can be made from roasted chicken!

We've included four great recipes in this booklet that can be made
with roasted chicken, along with some helpful tips and fun facts.

CANADIAN CHICKEN LABEL

There are many reasons why chicken is Canada's number-one choice for meals. High in protein, easy to prepare, and versatile enough to cater to any taste, Canadian farmer-raised chicken is the perfect choice for a healthy meal – and now it's even easier to identify.

We're helping consumers know that they're buying the highest quality chicken with a special mark that reads *Raised by a Canadian Farmer*.





ANCHO ROAST CHICKEN

FOR THIS RECIPE AND MORE GO TO:
WWW.MANITOBACHICKEN.CA/RECIPE/ANCHO-ROAST-CHICKEN/

HOW TO ROAST A WHOLE CHICKEN

If you've never done it before, roasting a whole chicken can be intimidating, but rest assured it can be easily done. Roasting a stuffed whole chicken is also an economical way to make dinner for a crowd, plus you can use leftovers in many delicious and nutritious ways.

PREP AND SEASON

Before roasting your chicken, let it come to room temperature for 30-40 minutes to help it cook more evenly. You do not need to wash the chicken, but pat it dry with paper towels before adding seasoning for a crispy skin. Once your chicken has reached room temperature, season it with salt and pepper all over, rub some olive oil on the skin, and roast.

You can also season a chicken using the following methods:

- Use a couple of tablespoons of softened butter instead of olive to rub on the skin.
- Put a halved lemon and/or a halved onion and/or a halved garlic bulb into cavity to add additional flavour.
- Sprinkle fresh or dried herbs on the skin such as thyme, sage, or rosemary, or stuff herbs under the chicken skin to infuse the meat with extra flavour.

BASIC ROASTING METHOD

To roast a chicken easily, put it in the oven, breast side up at 350°F for around 1 hour and 30-40 minutes, depending on its size. Ensure the temperature of the thickest part of the breast meat reaches 180°F (see our **Chicken Cooking Times** at www.chicken.ca/chicken-school for details). You can use different dishes and pans for roasting. A traditional roasting pan with a rack is best because it cooks evenly and collects drippings for gravy. A cast iron skillet or casserole dish can also work.

TRUSSING

Trussing might seem tricky, but it helps the chicken cook evenly. When you truss the chicken with butcher's string, the wings and legs fit closely against the body, making it more compact and evenly cooked. A trussed chicken takes the same time to roast at 350°F as one that's not trussed.



For more instructions with photos on this and other methods go to: www.chicken.ca/chicken-school/roast-chicken/



INGREDIENTS

2 cups cooked chicken, diced
1 tbsp olive oil
3 assorted sweet peppers, diced
1 onion, diced
2 cloves garlic, minced
6 mushrooms, sliced
½ cup salsa
½ cup black beans
or ½ cup black pitted olives, chopped
1 ½ cup cheddar or marble cheese, grated
banana peppers, (optional garnish)
4 tortillas, 10 inch (25 cm)
Serve with sour cream and salsa

CHICKEN QUESADILLAS

Quesadillas are always a hit. In this recipe, you are offered optional ingredients making it ideal for every family member.

DIRECTIONS

Dice peppers into medium size pieces, about ½-inch. Slice mushrooms, dice onion and mince garlic.

Heat olive oil in large skillet over medium heat. Stir in prepared vegetables. Cook and stir until vegetables are heated through, about 8 to 10 minutes.

Add chicken, salsa, black beans or black olives. Stir to mix.

Preheat oven to 350°F.

Place tortillas on baking sheet. Sprinkle with grated cheese.

Put ¼ of chicken and vegetable mixture on half of the tortilla. Fold the tortilla in half and sprinkle with remaining cheese. Garnish with banana peppers if desired.

Bake quesadillas in preheated oven until the cheese has melted. About 12 minutes.

Serve with salsa and sour cream.

Serves: 4 | Prep Time: 10 min. | Cook Time: 25 min.



CHICKEN FACT: CHICKEN IS AN EXCELLENT SOURCE OF HIGH-QUALITY PROTEIN, REQUIRED FOR BUILDING AND MAINTAINING HEALTHY MUSCLES.



INGREDIENTS

- ¾ lb fettuccine
- 2 tbsp unsalted butter
- 2 garlic cloves, minced
- 4 oz cream cheese
- 1 cup milk
- ½ cup grated Parmesan cheese, additional for serving
- 2 cups cubed cooked chicken
- 2 cups packed baby spinach
- ½ tsp salt plus additional for pasta
- ½ tsp freshly ground black pepper

CHICKEN AND SPINACH ALFREDO

Quick weeknight pastas are just minutes away when you start with leftover cooked chicken. Simply fold in your favourite ingredients like cream cheese, spinach and pasta for a meal the whole family will love.

DIRECTIONS

Cook fettuccine in a large pot of boiling salted water until al dente, about 10 minutes, or according to package directions.

Meanwhile, melt butter in a large non-stick skillet over medium-high heat. Add garlic and fry for 30-seconds. Stir in cream cheese and milk, whisk until smooth. Whisk in Parmesan cheese and cook for 2 minutes until slightly thickened. Add chicken, spinach and salt

and continue to cook until chicken is heated through and spinach has wilted, about 5 minutes.

Reserve ½ cup pasta water. Drain fettuccine and return to the pot. Stir ¼ cup pasta water into the Alfredo sauce. Add pasta and cook on high for 1 minute to combine. Top with fresh black pepper and extra Parmesan cheese. Divide and serve between heated pasta bowls.

Serves: 4 | Prep Time: 10 min. | Cook Time: 10 min.



CHICKEN FACT: CHICKEN IS A GREAT SOURCE OF IRON; IMPORTANT FOR PREVENTING ANEMIA (OR FOR ENSURING HEALTHY RED BLOOD CELLS).



FOOD SAFETY TIPS:

Before you start cooking, wash all surfaces and your hands with soap and warm water, and remember to wash your hands, utensils and cutting boards after they touch raw meat, poultry, fish or eggs. Avoid cross-contamination by using a different cutting board for your meat and other ingredients. Make sure you're cooking to safe temperatures and chilling any leftovers within two hours.



INGREDIENTS

- 6 cups chicken broth
- 1 stalk celery, minced
- 1 large carrot, peeled and diced
- 1 1/2 cups chopped cooked chicken
- 1 cup wide egg noodles
- 1/8 tsp ground pepper
- Salt to taste
- 2 cups frozen mixed vegetables
- 1 tbsp chopped fresh parsley

EASY CHICKEN NOODLE SOUP

Chicken soup in a hurry! This soup delivers from-scratch flavour of a classic, slow simmered chicken soup in a fraction of the time.

DIRECTIONS

Pour chicken broth into a saucepan and bring to a boil, add celery, carrot, noodles, and boil for 10 minutes.

Add frozen vegetables, chicken, pepper, and salt. Stir and cook for another five minutes.

Sprinkle with parsley and serve immediately.

Serves: 4 | Prep Time: 10 min. | Cook Time: 25 min.

VARIATION: Bring 6 cups chicken broth to a boil, add 2 cloves minced garlic, 1 tbsp minced fresh ginger, 1 tbsp soy sauce and 1 tbsp lemon juice. Stir in 1 1/2 cup cooked chicken and 2 cups frozen stir fry vegetable mix and simmer 5 minutes. Stir in 3 oz rice vermicelli and continue cooking for about 2 more minutes or until vermicelli is tender.

TIP: Bring home a rotisserie chicken from the deli counter at the grocery store. It only takes a few minutes to take the meat off the bones and cut it up. You'll get about 3 cups of cooked chopped chicken – enough to make this recipe and have 1 1/2 cups left over.



TIP: RECIPE DOUBLES AND FREEZES WELL. FREEZE IN SMALLER PORTIONS FOR PORTABLE LUNCHES!



DID YOU KNOW?

- Chicken raised on Canadian farms have **NOT** been given hormones or steroids (they are illegal, and have been since the 1960s).
- Our **2,826** chicken farmers pride themselves on raising fresh, high-quality chicken. They follow a government-recognized On-Farm Food Safety Program and an auditable Animal Care Program to meet nationally-established standards.
- Canadian chickens raised for meat are free-run. They roam freely in clean, well-ventilated barns, eat and drink whenever they want, and are protected from predators and the harsh Canadian climate.
- Purchasing Canadian farmer-raised chicken helps support your local and national economy by sustaining jobs both directly on the farm and indirectly for people in the processing, retailing, and restaurant industries.
- Chicken raised by a Canadian farmer has exceptional nutritional benefits. It is very high in protein and lower in saturated fat than most other meats.
- Fresh Canadian chicken is trans fat-free, naturally low in carbohydrates and sodium, and contains many essential nutrients for optimal health.
- Canadian chicken is available in a wide variety of cuts to suit a range of tastes and budgets. You can also find different labels, including halal, organic, grain-fed, free-range, kosher and more.

LOOK
FOR THE
LOGO RAISED
BY A CANADIAN
FARMER.



Raised by a
CANADIAN
FARMER | Elevé par un
PRODUCTEUR
CANADIEN



INGREDIENTS

- 1/4 cup olive oil
- 3 garlic cloves, minced
- 1 tbsp lemon zest
- 1/4 cup lemon juice
- 1 tsp each salt, black pepper, and ground cumin
- 2 cups canned chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 5 Medjool dates, pitted and diced
- 3 mini cucumbers, sliced or 1/2 english cucumber, seeded and sliced
- 1/2 cup chopped roasted red pepper, or fresh
- 1/4 cup finely chopped parsley
- 1/4 cup chopped fresh mint and additional for garnish, if desired
- 3/4 cup crumbled feta cheese
- 2 cups shredded or cubed cooked chicken

CHICKEN AND CHICKPEA SALAD

This hearty Chicken and Chickpea Salad is a winner! It features shredded chicken, loads of veggies and chickpeas, savoury feta, sweet Medjool dates, all combined with fresh mint and a citrus vignette.

DIRECTIONS

In a large bowl, whisk together the olive oil, garlic, lemon zest, lemon juice, salt, pepper, and cumin.

Add chickpeas, tomatoes, dates, cucumber, roasted red peppers, parsley and mint and toss to combine.

Add the feta and the chicken and gently toss again.

Transfer to a serving platter and garnish with fresh mint, if desired before serving.

Serves: 4 | Prep Time: 30 min.

TIP: This salad travels well and makes a perfect entrée to bring to any gathering! Simply prep all the ingredients in a large bowl, but do not dress the salad. Prepare the dressing in a separate container. When ready to serve, simply toss salad with dressing and enjoy!



CHICKEN FACT: CHICKEN CONTAINS ZINC NEEDED FOR A HEALTHY IMMUNE SYSTEM, FOR WOUND HEALING, AND FOR ENSURING A NORMAL SENSE OF TASTE AND SMELL.



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