



Canned Chicken

Foods from the meat and beans group are a good source of protein. Protein is needed to build and repair cells. Canned boned chicken is an extra lean source of protein. Canned boned chicken is fully cooked light and dark meat, and is packed in broth.

Nutrition Information

Chicken is part of the meat and beans group. Foods from the meat and beans group provide important nutrients like protein and iron.

Based on MyPyramid, 2 to 3 ounces of chicken, or about $\frac{1}{3}$ to $\frac{1}{2}$ cup, provides 2 to 3 ounces from the meat and beans group.

A typical person should try to eat 5½ ounces of meat and beans every day.

Choose meat that is lean or low-fat.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened canned chicken in a tightly covered plastic container in the refrigerator.

Use within 2 to 3 days!

Do not use canned meat if can is rusted, bulging, or dented! Throw it away!

Uses

- ✓ Place can in refrigerator to harden fat. Open and remove visible fat. Break meat apart and remove any chunks of fat.
- ✓ Home canned meat must be heated to a rolling boil on stovetop in a covered saucepan for 15 minutes before tasting or serving.
- ✓ Add chicken to quesadillas, enchiladas, or tacos for a quick and easy meal!
- ✓ Canned chicken may be creamed or used in soups and casseroles.

Know how. Know **now**.



Recipes and Tips

1 (29 ounce) can of meat = 2 cups or 1 pound of cooked meat

Slow Cooker Chicken Noodle Soup

6 servings

2-3 lbs. chicken, skin and bones removed (2-3 cans)	2 celery stalks, chopped
2 cubes chicken bouillon	$\frac{1}{4}$ tsp. seasoned salt
4 c. water	1 c. water* (optional)
$\frac{1}{4}$ c. onion, finely chopped	pepper (optional)
	1 c. noodles, uncooked

1. In a slow cooker, place all ingredients, except noodles.
2. Cook on low heat for 8 to 9 hours.
3. Turn to high heat and add uncooked noodles.
4. Cover and cook for 10 minutes or until noodles are tender. *Add additional water if needed.
5. Serve hot.

Nutrition Information per Serving: Calories 370, Total Fat 24 g (37% DV), Saturated Fat 7 g (34% DV), Cholesterol 120 mg (40% DV), Sodium 710 mg (30% DV), Total Carbohydrate 7 g (2% DV), Dietary Fiber <1 g (2% DV), Sugars 1 g, Protein 30 g, Vitamin A 6%, Vitamin C 6%, Calcium 4%, Iron 10%.

Ranch Style Chicken Salad

6 servings

1 (10 oz.) can chicken, drained or $\frac{1}{3}$ of a 29 ounce can	$\frac{1}{2}$ c. celery, diced
$\frac{1}{3}$ c. prepared Ranch Style dressing or non-fat yogurt, plain	1 c. seedless grapes, halved
$\frac{1}{8}$ tsp. pepper	2 T. slivered almonds (optional)

1. In a medium sized bowl, combine all ingredients mixing well.
2. Refrigerate until ready to serve.

Nutrition Information per Serving: Calories 180, Total Fat 11 g (17% DV), Saturated Fat 2 g (11% DV), Cholesterol 25 mg (9% DV), Sodium 200 mg (7% DV), Total Carbohydrate 8 g (3% DV), Dietary Fiber, 1 g (2% DV), Sugars 7 g, Protein 12 g, Vitamin A 2%, Vitamin C 8%, Calcium 2%, Iron 4%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>