



CHICK-OUT

poultry

Poultry refers to domesticated birds, especially those valued for their meat and eggs, such as chickens, turkeys, ducks, geese and guinea fowl. Skinless poultry is packed with lean protein that can help you maintain a healthy weight and increase your lean muscle mass.

DID YOU KNOW?



- You can save calories and halve the fat content of poultry by choosing a cut of poultry that has no skin.
- A single three-ounce serving of chicken provides more than half of the protein recommended for a typical day.
- Dark meat has a somewhat higher fat content than white meat.
- The male turkey is called a "tom." The female is called a "hen." Only tom turkeys gobble.

WELLNESS TIP

Workout while you watch television. Use hand weights, walk on a treadmill or ride a stationary bike while watching your favorite show.

SHOPPING, PREPARING AND STORING



- When purchasing poultry never choose packages that are torn or leaking and do not purchase foods that are past the sell-by or expiration dates.
- Cook or freeze fresh poultry within two days of purchase.

COOKING TIPS



- Poultry should be cooked to a minimum internal temperature of 165°F to kill bacteria capable of causing foodborne illness.
- Poultry can be incorporated into a wide array of meals including pasta dishes, casseroles, salads, soups and stir-fries!

HERB-ROASTED CHICKEN

serves 6



- 1 lemon, juiced
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 3 garlic cloves, minced
- 3 tablespoons olive oil
- 1 1/2 pounds boneless, skinless chicken breasts
- Salt and pepper, to taste

1. Preheat oven to 375°F.
2. In a large mixing bowl, combine lemon juice, herbs, garlic and olive oil.
3. Add the chicken pieces to the herb mixture and toss to coat.
4. Arrange the coated chicken on a sheet pan and season lightly with salt and pepper.
5. Place the chicken in the oven and cook for 25 to 40 minutes until the internal temperature reads 165°F on a kitchen thermometer.
6. Remove from oven and let rest for 5 minutes before serving.

Recipe adapted from Chef Justin Timineri, C.E.C., Florida Department of Agriculture and Consumer Services

Calories: 299; Total Fat: 15 g; Saturated Fat: 2 g; Total Carbohydrates: 1 g; Protein: 39 g; Sodium: 116 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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