

DON'T WASH YOUR CHICKEN!



Chicken Mole
("mole-lay")
nutty chocolate
sauce
Recipe Inside!

MIJA. I'M MAKING MY
SECRET MOLE* RECIPE.



* Mole ("mole-lay") nutty chocolate sauce

PLEASE COME HERE AND
WASH THE CHICKEN.



YOU'RE NOT
SUPPOSED
TO WASH
RAW
CHICKEN.

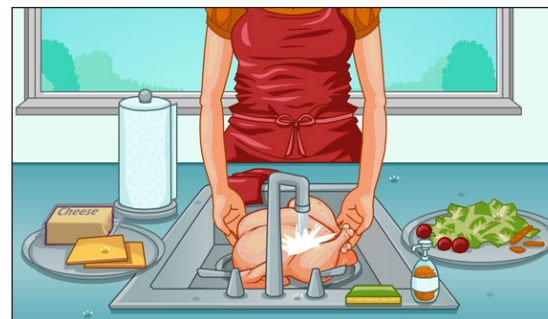
WHY NOT? I
ALWAYS WASH
RAW CHICKEN.

I KNOW YOU DO. IT
GROSSES ME OUT!

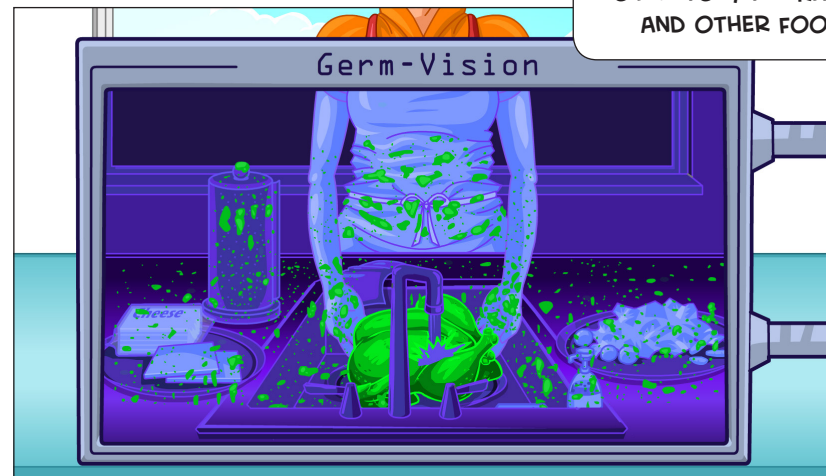
I LEARNED IN SCHOOL THAT
WASHING RAW POULTRY
JUST SPREADS BACTERIA.



www.drexel.edu/dontwashyourchicken



IF YOU COULD SEE GERMS,
YOU WOULD SEE THAT
WASHING POULTRY JUST
SPASHES BACTERIA ALL
OVER YOU, THE KITCHEN,
AND OTHER FOODS.



SO HOW DO I GET
RID OF THE BACTERIA
ON THE CHICKEN?



www.drexel.edu/dontwashyourchicken



This material is based on work funded by the National Integrated Food Safety Initiative (NIFSI), United States Department of Agriculture (USDA), under Agreement No. 2009-51110-05853. ©2013, NMSU Board of Regents. Drexel University and New Mexico State University cooperating with the U.S. Department of Agriculture. Drexel University and NMSU are both equal opportunity/affirmative action employers and educators.



Chicken Mole ("mole-lay") nutty chocolate sauce

Yields 8 servings Serving Size: 1 piece

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped, or garlic powder
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1 14.5-ounce can diced tomatoes, drained, or 3 fresh tomatoes, chopped
- 1 bell pepper, chopped
- 2 jalapeño peppers (fresh, or canned and drained) or 2 chipotle peppers (canned), roughly chopped
- 1¼ cups chicken broth (1 bouillon cube in 1¼ cup water)
- 2 tablespoons peanut butter
- 2 ounces bittersweet chocolate, chopped
- 8 chicken thighs, trimmed
- pumpkin seeds and sesame seeds for garnish



Chicken Mole ("mole-lay") nutty chocolate sauce

Instructions

1. Preheat oven to 350 degrees F.
2. Heat oil in a heavy bottomed pan over medium heat.
3. Add onion and sauté until translucent.
4. Add garlic and spices and continue to sauté to toast and develop flavor.
5. Add diced tomatoes, peppers, chipotles or jalapeños, broth, peanut butter, and chocolate. Simmer for 10 minutes.
6. Pureé until smooth.
7. Sear the chicken in a heavy bottomed hot sauté pan over

medium-high heat until browned on both sides.

8. Add to casserole dish, cover with sauce and braise in the oven for 45 minutes to 1 hour.

Garnish with pepitas (pumpkin seeds) and sesame seeds and serve with white rice.



Nutrition Facts

Serving Size (159g)		Servings Per Container	
Amount Per Serving		Calories 230	Calories from Fat 130
	% Daily Value*		
Total Fat 14g	22%		
Saturated Fat 4g	20%		
Cholesterol 50mg	17%		
Sodium 270mg	11%		
Total Carbohydrate 11g	4%		
Dietary Fiber 3g	11%		
Sugars 6g			
Protein 16g			
Vitamin A 20%	•	Vitamin C 30%	
Calcium 4%	•	Iron 10%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4