

# DON'T WASH YOUR CHICKEN!



Lemon Roasted Chicken Recipe Inside!

MOM WILL BE SO HAPPY I'M COOKING DINNER TONIGHT!



I'M HOME.

WHAT'S COOKING?

LEMON CHICKEN'S IN THE OVEN AS SOON AS I WASH THIS BIRD.

SWEETIE, YOU SHOULD NEVER WASH RAW CHICKEN BEFORE COOKING.



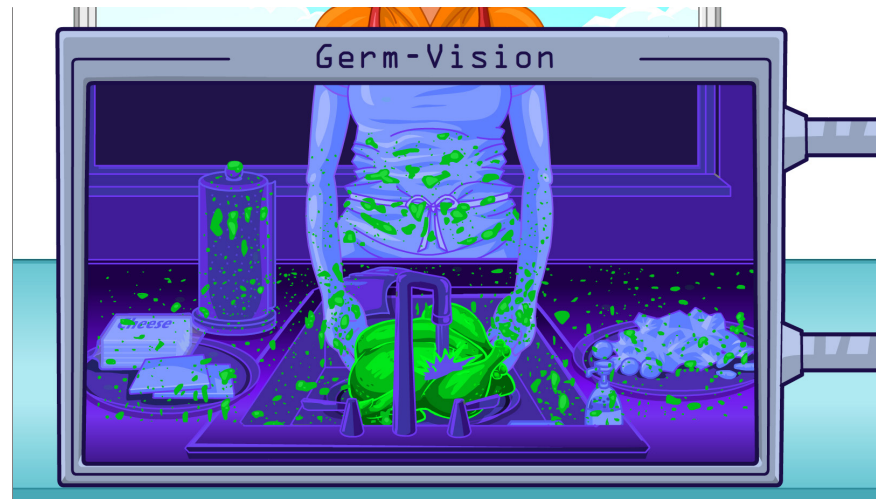
BUT RAW CHICKEN CAN BE COVERED IN LOTS OF NASTY BACTERIA.



THAT'S RIGHT, BUT...



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







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## Lemon Roasted Chicken

Yields 10 servings  
Serving Size: 1 piece

### Ingredients

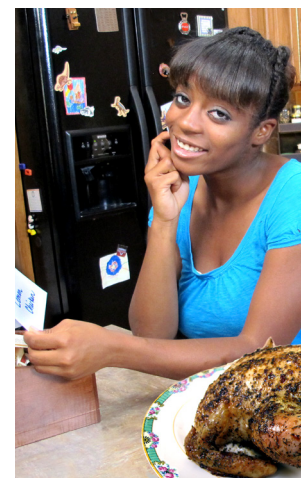
4-pound whole chicken  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon whole cumin  
2 cloves of garlic (thinly sliced, or 1 tsp garlic powder)  
2 tablespoons butter – softened  
2 whole lemons



## Lemon Roasted Chicken

### Instructions

1. Preheat oven to 350 degrees F.
2. Combine salt, pepper, garlic, and cumin or other spices.
3. Dry the chicken with paper towels.
4. Rub chicken with softened butter, inside and out.
5. Sprinkle the spice combination over the chicken, inside and out.
6. Place 1 or 2 fresh lemons inside the chicken. These will be thrown away after baking – do not eat.
7. Bake in a 350-degree F oven for 60-75 minutes.



## Nutrition Facts

Serving Size (89g)		
Servings Per Container		
Amount Per Serving	Calories 220	Calories from Fat 120
	% Daily Value*	
<b>Total Fat</b> 13g		<b>20%</b>
Saturated Fat 4g		<b>20%</b>
<b>Cholesterol</b> 80mg		<b>26%</b>
<b>Sodium</b> 140mg		<b>6%</b>
<b>Total Carbohydrate</b> 0g		<b>0%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 0g		
<b>Protein</b> 24g		
Vitamin A 4%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%
*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		