

DON'T WASH YOUR CHICKEN!



Stir-Fry Chicken
Recipe Inside!



SO, I TOLD MY BOSS, "I ALREADY WORKED TWO WEEKENDS," AND...



WAIT, WHAT ARE YOU ABOUT TO DO?



I'M GOING TO WASH THE CHICKEN, THEN CHOP IT FOR OUR STIR FRY.

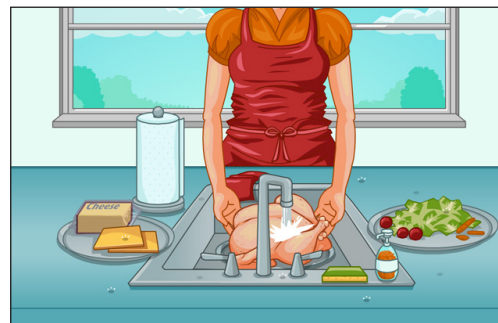
I READ THAT RAW CHICKEN CAN HAVE BACTERIA ON IT.



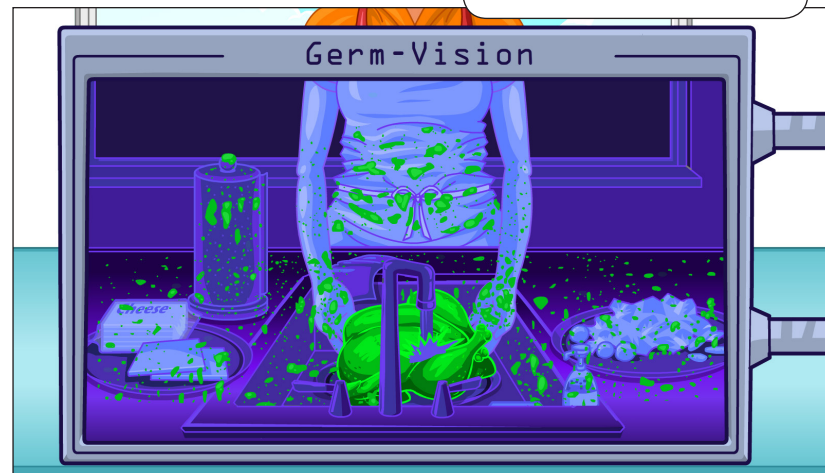
SURE, CHICKEN DOES HAVE BACTERIA ON IT SOMETIMES...

BUT THE WATER IS NOT HOT ENOUGH TO KILL THE BACTERIA.

www.drexel.edu/dontwashyourchicken



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



IF I CAN'T WASH THE CHICKEN...

HOW DO I GET RID OF THE BACTERIA?

BRING THE CHICKEN BACK TO THE STOVE.

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Stir-Fry Chicken

Yields 8 servings
Serving Size: 1 cup

Ingredients

1/2 teaspoon ground ginger
1/8 teaspoon garlic powder
1 teaspoon soy sauce
1/3 cup water
1 cup carrot (sliced)
2 cups broccoli (or substitute other vegetables)
1 bell pepper (chopped)
1 onion (chopped)
1 tablespoon oil
8 ounces chicken, sliced into small pieces



Stir-Fry Chicken

Instructions

1. Mix spices, soy sauce and water; set aside.
2. Wash vegetables. Slice carrots, broccoli or other vegetables. Chop onions and bell peppers.
3. Heat oil in large frying pan and add meat when oil is hot; stir until brown.
4. Remove chicken and place in bowl.
5. Add onions and peppers and sauté until translucent.
6. Add broccoli or other vegetables. Cook until they are tender.



7. Add liquid mixture and cook until bubbly.
 8. Add cooked chicken and toss everything together.
- Serve over pasta or rice.

Nutrition Facts

Serving Size (80g)
Servings Per Container

Amount Per Serving

Calories 70 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Cholesterol 15mg **6%**

Sodium 80mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 7g

Vitamin A 70% • Vitamin C 40%

Calcium 2% • Iron 2%

*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