

BC CHICKEN RECIPES AND ACTIVITIES

Souls -chef



Brought
To You By:



Italian Meatball Wraps Serves 4 to 6

Think hearty dinner sandwich - but on the trimmer side. Lighter-than-air BC Chicken meatballs and oven roasted veggies keep this easy dinner very fresh.

WHAT YOU'LL NEED:

- 1½ lbs ground BC Chicken 750 g
- 4 sun-dried tomato halves, packed in oil, drained and finely chopped
- 1 green onion, thinly sliced
- 1 tsp Italian seasoning 5 mL
- Cooking spray
- 1 red or yellow pepper, cut into strips
- 1 medium Spanish onion, cut into rings
- Splash Olive oil
- Salt and Pepper to taste
- 4 to 6 large whole wheat tortillas
- 1 small jar tomato sauce, warmed
- Parchment paper or foil wrap

WHAT TO DO:

- Mix ground chicken with sun-dried tomatoes, green onion and Italian seasoning. Form into meatballs (slightly smaller than a golf ball). Spread out on a baking sheet sprayed with cooking spray.
- Toss red or yellow pepper strips and onion with a splash of olive oil and pinches of salt and pepper. Spread out on another baking sheet and spray lightly with cooking oil. Arrange oven racks in top and bottom third of oven.
- Bake in preheated 400°F (200°C) oven, placing chicken meatballs on bottom oven rack and pepper strips on top rack.
- Bake until meatballs are firm when pressed and the juices are clear when pierced with a knife tip. Veggies should be tender; about 20 minutes.
- Warm tortillas in oven, then place a few meatballs in centre of each. Warm tomato sauce in a pot on stove.
- Top tortillas with pepper strips and onion rings and drizzle with warmed tomato sauce. Roll up and cut filled wrap in half, wrapping them in parchment paper or foil squares, twisting one end closed and leaving the other end open, deli style (for less spills and neater eating).



SHOPPING LIST:

GROUND BC CHICKEN

SUNDRIED TOMATOES

GREEN ONIONS

ITALIAN SEASONING

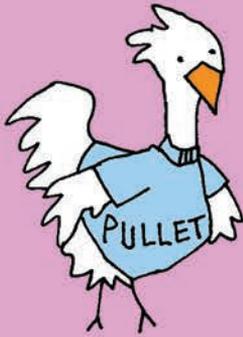
RED / YELLOW PEPPER

ONION

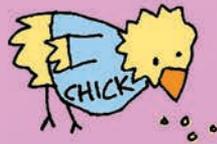
WHOLE WHEAT TORILLAS

DID YOU KNOW?

Chickens raised for meat are called broilers.



Chickens are free to roam inside clean, well-ventilated climate controlled barns.

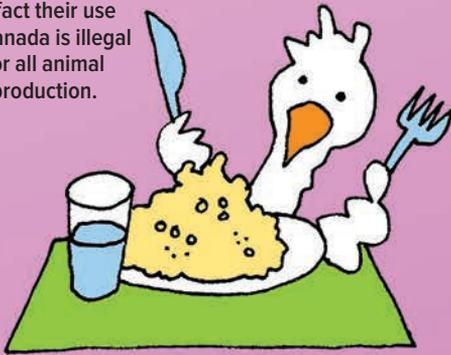


There are feeders and drinkers that provide the chickens with access to fresh water and quality food whenever they are hungry.



A baby chicken is called a chick, a female chicken is called a pullet and a male chicken is called a cockerel.

Hormones and steroids are not used in broiler feed in fact their use in Canada is illegal for all animal production.



All chickens are grain fed, which means that the main ingredients in their food come from grains, usually wheat, corn and barley.

Farmers work very hard to make sure that chickens are raised in a clean and safe environment. Chicken barns are thoroughly cleaned and disinfected after every flock.

The barn floor is covered in soft, dry bedding to keep the chickens comfortable.



GUESS WHAT? How time flies... but not chickens! A chicken reaches its full weight in only 5 to 8 weeks, so farmers can have up to 5 or 7 flocks each year. Talk about a big family!

Bombay Chick Sticks with Mango Salsa

Serves 4 to 6

*Sounds exotic, but these are more flavourful than spicy.
Let the BC Chicken marinate while the barbecue is preheating.*

WHAT YOU'LL NEED:

8 to 10 skinless, boneless BC Chicken thighs

2 tbsp tikka curry paste or mild
Indian-style curry paste 30 mL

1 tbsp honey 15 mL

$\frac{1}{8}$ tsp ground cinnamon .5 mL

8 to 12 wooden OR metal skewers, if using
wooden skewers; soak them in water for 20
minutes so that they won't burn on the BBQ.

1 mango, peeled and cubed

$\frac{1}{4}$ English cucumber, cubed

$\frac{1}{4}$ cup fresh mint, chopped 50 mL

1 tbsp Olive Oil 15 mL

Salt and Pepper to taste

Cooking Spray

WHAT TO DO:

- Cut thighs into chunky pieces and place in a large bowl. Add curry paste, honey and cinnamon. Stir to evenly coat. Thread chicken onto skewers. Spray cold BBQ grill rack with cooking spray and preheat barbecue to medium-high.
- Place mango and cucumber in a bowl. Add mint, 1 tbsp (15 mL) olive oil and pinches of salt and pepper. **Set aside for later.**
- Grill chicken, turning occasionally, until lightly charred and cooked through making sure that the chicken juices run clear when pierced with a knife, 10 to 12 minutes. Serve with mango salsa.



**SHOPPING
LIST:**

BC CHICKEN
THIGHS

TIKKA CURRY
PASTE

HONEY

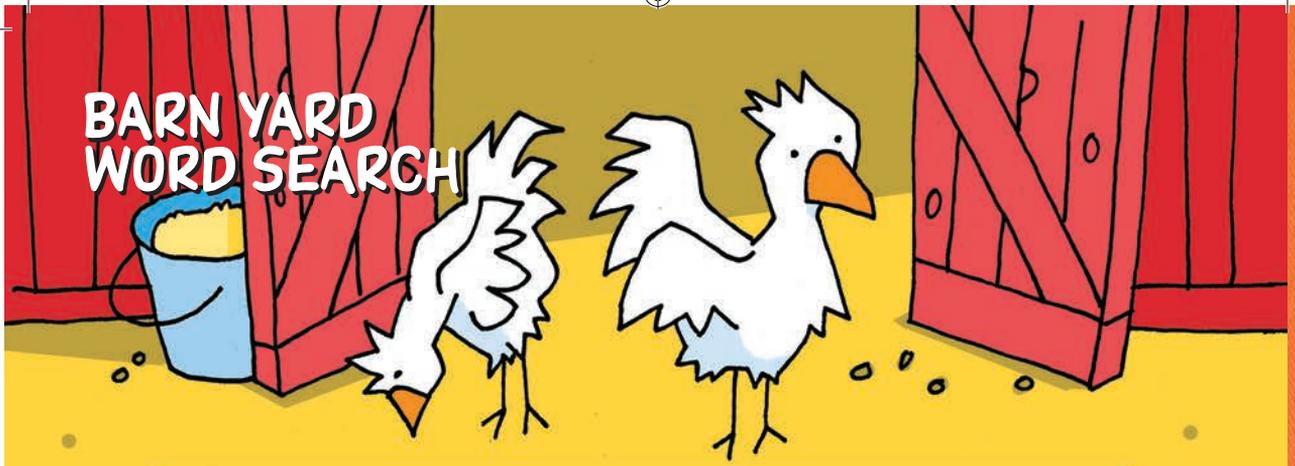
GROUND
CINNAMON

MANGO

ENGLISH
CUCUMBER

FRESH
MINT

BARN YARD WORD SEARCH



FARM
CHICKEN

COCKEREL
FLOCK
BARN

FARMERS
BEDDING
BROILER

PULLET
GRAIN FED
COMPUTER

VENTILATION
HEATED
CLEAN

FRESH WATER
FEEDERS



GUESS WHAT? Chickens don't have to come home when the dinner bell rings. They have 24 hour-a-day access to food and fresh water. Late night snack anyone? No problem!

Friday Night Nacho Bake Serves 6

It's easy to turn the ultimate snack into a healthier dinner version using skinless, boneless BC Chicken breasts.

WHAT YOU'LL NEED:

6 skinless, boneless BC Chicken breasts

2 cups mild chunky salsa 500 mL

1 cup canned black beans,
drained and rinsed 250 mL

3 cups nacho chips 710 mL

2 cups grated cheddar
cheese 500 mL

WHAT TO DO:

- Place chicken in a 9x13-inch (22x33 cm/4L) baking dish. Spoon salsa and beans over chicken. Cover with foil and bake in preheated 400°F (200°C) oven for 25 minutes.
- Coarsely crush chips. Uncover chicken and turn pieces over. Sprinkle with 1 cup (250 mL) cheese, then cover with chips. Sprinkle remaining 1 cup (250 mL) cheese over the top of the chips.
- Return to oven and bake, uncovered, until cheese melts and sauce is bubbly and chicken juices are clear when pierced with a knife tip. Spoon onto plates.



**SHOPPING
LIST:**

BC CHICKEN
BREASTS

MILD CHUNKY
SALSA

CANNED
BLACK BEANS

NACHO
CHIPS

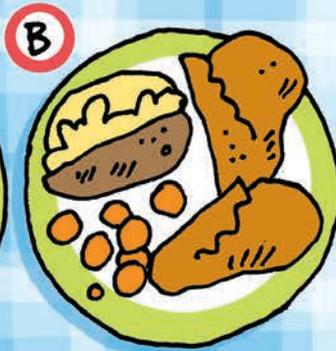
CHEDDAR
CHEESE



DINNER DILEMMA!



Look closely at the six meals below.
Which two plates are exactly the same?



GUESS WHAT? Canadians eat over 30 kg of chicken each year. That's about 66 pounds! Most of us eat about 2 to 3 servings of chicken per week – so that means in one day, 1.6 million chickens are eaten in Canada!

Chicken & Bow Tie Stroganoff Serves 6

This is an updated chicken version of the classic dish. Cut kitchen prep in half and start with a deliciously juicy roasted BC Chicken from your supermarket deli.

WHAT YOU'LL NEED:

1 cooked deli BC Chicken

1 pkg Bow Tie pasta 500g

1 tbsp Olive oil OR
a knob of butter 25 mL

3 cups sliced button
mushrooms 750 mL

Salt and Pepper to taste

1 each red and green
pepper, chopped

2 tbsp water 30 mL

1 cup sour cream 250 mL

½ cup Parmesan,
grated 125 mL

WHAT TO DO:

- Preheat oven to 350°F (180°C). Discard skin from chicken. Tear or cut meat into bite-size pieces. Boil bow tie pasta according to package directions, drain and rinse then spread out in an oiled 9x13-inch (22x33 cm/ 4 L) casserole dish. Stir in chicken.

- Coat a large frying pan with 1 tbsp olive oil or add a knob of butter and set over medium-high heat. When hot, add mushrooms. Sprinkle with pinches of salt and pepper. Stir often, until mushrooms are browned around edges and are soft, 6 to 8 minutes. Add peppers and 2 tbsp water. Cook until softened, 5 to 7 minutes.

- Remove from heat and stir in sour cream.

- Pour mixture over chicken in casserole dish and sprinkle with cheese. Place in the preheated oven for approximately 30 minutes.

OPTIONAL: If cheese has not browned or melted, place dish on a baking sheet and broil until cheese melts and sauce is bubbly.



TANGY TIP

Add more bite and mix 1 tbsp (15 mL) Dijon into the sour cream before stirring into cooked vegetable mixture.

SHOPPING LIST:

DELI
BC CHICKEN

BOW TIE
PASTA

BUTTON
MUSHROOMS

GREEN & RED
PEPPER

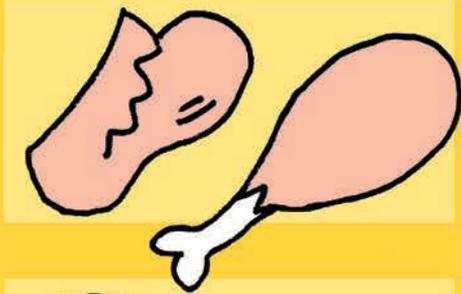
SOUR
CREAM

PARMESAN
CHEESE

FOOD CRITIC

As a sous-chef, use this scorecard to help in preparing and rating your favourite chicken recipes.

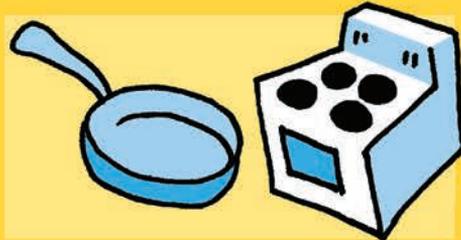
CUTS OF CHICKEN



INGREDIENTS



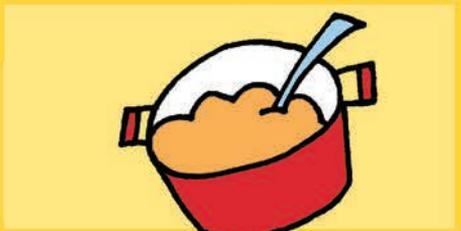
METHOD



TIME



SIDE DISHES



GUESS WHAT? Chickens like to hang out. While they're free to roam all around the barn, they usually flock together. What do you think they're talking about?

Great Greek Chicken Serves 6

Juicy BC Chicken breasts soak up all the sunny flavours of the Mediterranean in this easy simmer. Serve with quick-cooking couscous for a meal that's ready in less than 30 minutes.

WHAT YOU'LL NEED:

6 skinless, boneless
BC Chicken breasts

1 tsp each rosemary
and oregano 5 mL

½ tsp garlic powder 2 mL

Cooking Spray OR Olive oil

28-oz can plum tomatoes,
drained and coarsely
crushed 795 mL

½ cup black olives pitted,
sliced or cut in half 125 mL

1 cup feta cheese,
crumbled 250 mL

1 bunch fresh basil,
leaves only, roughly chopped

WHAT TO DO:

- Sprinkle chicken with dried seasonings and rub in. Coat a large wide saucepan or Dutch oven with cooking spray or olive oil and set over medium-high heat. Add chicken and fry until golden, 3 minutes each side. Move chicken to one side of pan and pour in ¼ cup (50 mL) water. Scrape up and stir in the brown bits from pan bottom.

- Stir in tomatoes and olives. Cover and simmer, turning occasionally, until cooked through (juices are clear when chicken is pierced with a knife tip), 10 minutes.

- Sprinkle with feta and chopped basil. Serve over couscous or rice.



**SHOPPING
LIST:**

BC CHICKEN
BREASTS

ROSEMARY &
OREGANO

GARLIC
POWDER

PLUM
TOMATOES

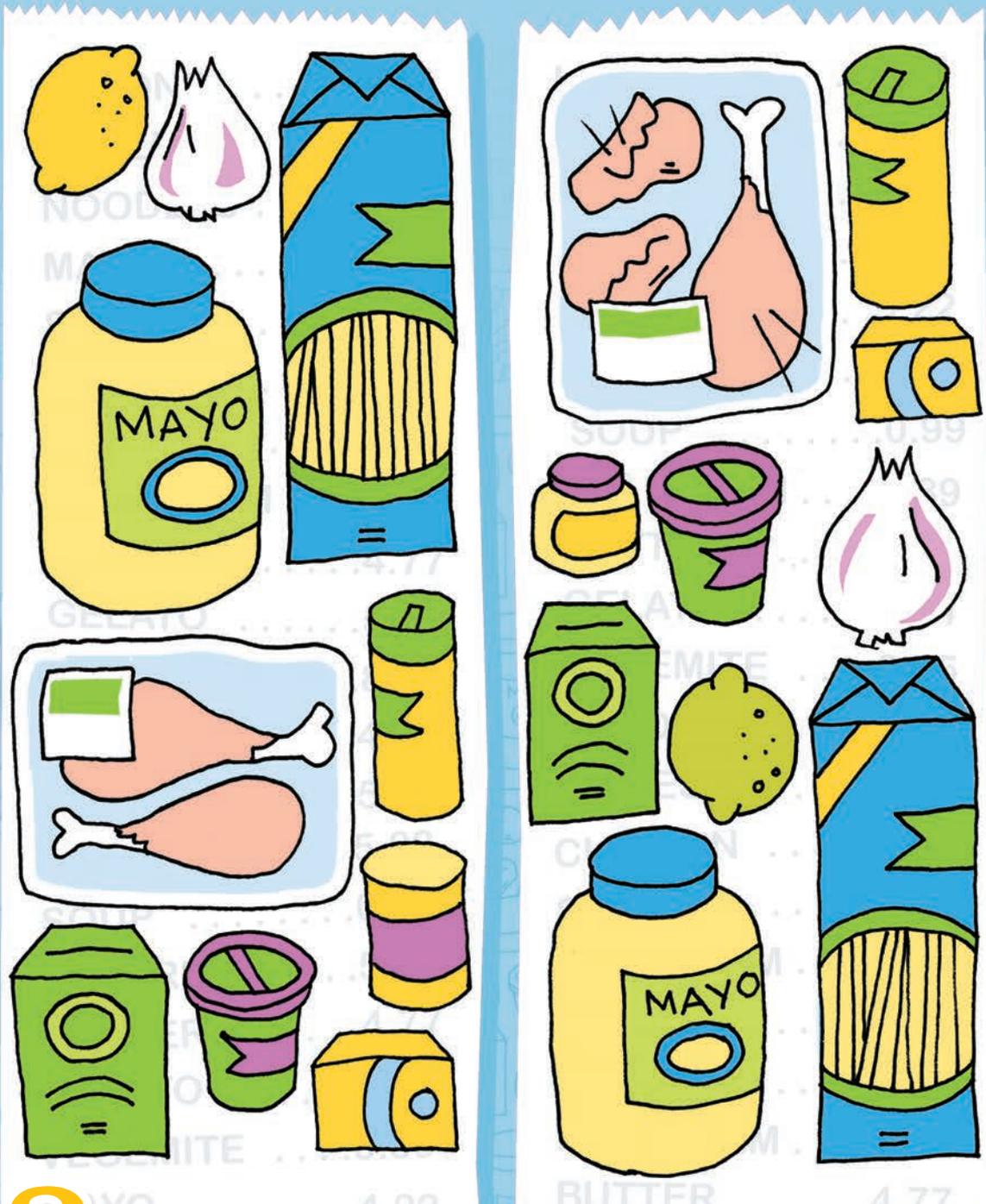
BLACK
OLIVES

FETA

FRESH
BASIL

DOUBLE CHECK-OUT

Shopping for recipe ingredients is an important job. Can you help spot the differences between these two shopping lists. **HINT:** There are three different items.



GUESS WHAT? Chickens are on a strict diet. They eat grains – corn, wheat or barley mixed with canola or soybean meal plus some vitamins and minerals to make them strong and healthy.

Rodeo Chicken Nuggets Serves 4

BC Chicken goes Wild West with a coating of smoky barbecue sauce underneath a crunchy golden crust. Grab your knife and fork and giddy up!

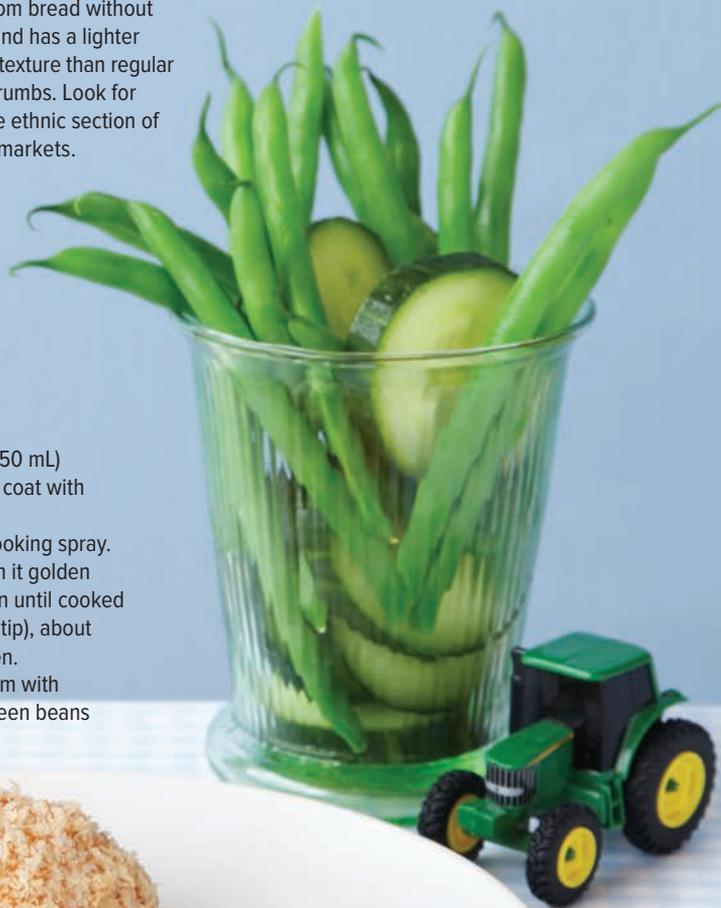
WHAT YOU'LL NEED:

- 3 skinless, boneless BC Chicken breasts
- ¼ cup barbecue sauce 50 mL
- ½ tsp poultry seasoning 2 mL
- 1 cup panko bread crumbs*
- 250 mL OR regular unseasoned bread crumbs
- Cooking spray
- ¼ cup mayonnaise OR sour cream 50 mL
- 2 tbsp barbecue sauce 30 mL

 Panko is a type of breadcrumb used in Japanese cooking. It's made from bread without any crusts and has a lighter and crisper texture than regular fine breadcrumbs. Look for panko in the ethnic section of most supermarkets.

WHAT TO DO:

- Cut chicken into chunky pieces. Toss with ¼ cup (50 mL) barbecue sauce and poultry seasoning, then lightly coat with panko crumbs.
- Place on a foil-lined baking sheet sprayed with cooking spray. Spray chicken with cooking spray. This will help turn it golden and crunchy. Bake in preheated 400°F (200°C) oven until cooked through (juices are clear when pierced with a knife tip), about 20 minutes. Panko crumbs don't need to turn golden.
- For a dipping sauce; stir mayonnaise or sour cream with 2 tbsp (30 mL) barbecue sauce. Serve with fresh green beans and cucumber slices or celery and carrot sticks.



SHOPPING LIST:

BC CHICKEN BREATS

BARBEQUE SAUCE

POULTRY SEASONING

DRIED THYME LEAVES

PANKO BREAD CRUMBS

MAYONNAISE

THE CHEF'S PROMISE

- 1.** I will always wash hands in hot soapy water.
- 2.** I will clean and wash work surfaces and tools using a mild bleach and water solution.
- 3.** I will use sharp knives carefully.
- 4.** I will keep raw meat away from other foods; use separate cutting boards if possible.
- 5.** I will cool all meat and poultry thoroughly.
- 6.** I will always put prepared food or leftovers in the refrigerator or freezer within 2 hours.



.....
Name

.....
Date

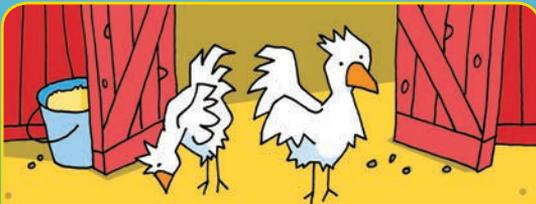


Soups -chef Answers

Now that you've completed all of the activity pages, compare your answers with those found on this page.

DINNER DILEMMA!

ANSWER: A & F



Q	T	R	E	A	R	W	Y	N	I	T	K	V	L	E	W	F	K
A	U	F	Y	S	M	E	L	D	C	S	F	E	E	D	E	R	S
F	A	R	M	E	R	S	E	E	O	E	B	N	L	O	M	E	T
F	N	T	T	I	C	H	C	S	C	H	E	T	T	I	B	S	W
X	O	F	A	R	M	N	I	P	K	S	T	I	O	H	N	H	N
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O	F	S	R	A	A	F	C	V	Y	C	H	I	C	K	E	N	T

BARN YARD WORD SEARCH

DOUBLE CHECK-OUT

ANSWER:
lemon & lime, jar & can, drumstick & wings



Sous -Chef

For more information please contact:

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