

## CHICKEN AND TATERS NOTES

Both chicken and potatoes are versatile foods that can be prepared using a variety of food prep techniques and herbs and spices.



### Chicken

- Chicken is a good source of protein and is low in fat
- Chicken that has the bone in takes longer to cook than chicken that already has the bone removed
- One way to check if chicken is cooked is to poke the chicken with a fork
  - if the juices are clear, then the chicken is cooked; if the juices run clear, the chicken is not yet done
  - many people use a digital thermometer to check the doneness of the chicken and other meats
- Food Safety is a major concern with meat and dairy products
  - salmonella is the bacteria associated with poultry
    - salmonella is destroyed when chicken is cooked thoroughly
    - cross-contamination may occur when raw chicken comes into contact with cutting boards, knives, counters, other utensils and food products
      - cross-contamination can be reduced by using separate utensils for meat and other products and / or thoroughly cleaning utensils and work areas
- Poultry should be defrosted in the fridge or cold water

### Potatoes

- Potatoes are a good source of Vitamin C, fiber and certain B vitamins
  - Much of the Vitamin C is lost during the cooking process
- Raw potatoes have almost no fat or sodium
  - baked potatoes are often served with butter or sour cream, which increase the amount of fat consumed (the fat is not from the potatoe....it is from the add-ons)
  - processed potatoes, like potato chips, are about 60% fat and contain high amounts of sodium
- Potatoes are cooked when a fork can easily poke through them

