



How to Cook Chicken

Nutrition Facts	
4 servings per container	
Serving size 4 ounces (121g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 439mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,300 calories a day is used for general nutrition advice.



Ingredients:



1 pound
boneless,
skinless chicken
breasts



olive oil



Choose one:
salt-free herb and
seasoning mix,
chicken seasoning
dry rub,
OR
your favorite
herbs and spices

Tools Needed:



baking dish



aluminum
foil



tongs



pot holders



oven



meat
thermometer

Reference to or depiction of any specific commercial product or the use of any trade, firm or corporation name is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by the University of Kentucky Cooperative Extension Service.

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

Preheat oven to 350 degrees F.



3

Line a baking pan or glass baking dish with aluminum foil.



4

Place chicken breasts in pan.

Note: Do NOT wash raw chicken.

It can cause bacteria to spread to other foods, utensils, and surfaces.



5

Drizzle olive oil over the chicken breasts.



6

Sprinkle both sides of the chicken breasts with seasoning.



7

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



8

Cover pan tightly with foil, and place in the oven.



9

Clean all surfaces.

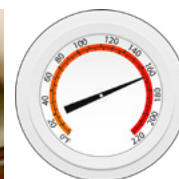


10

Bake chicken for 20 to 30 minutes.

Check the internal temperature by inserting a food thermometer into the thickest part of the breast.

Chicken should be cooked to a minimum internal temperature of 165 degrees F.



165°F

Note: If using bone-in chicken breasts, increase cooking time to 30 to 40 minutes. Always check the internal temperature with a food thermometer.

11

Once done, loosely cover chicken with foil and let rest for 10 minutes to seal in juices.



12

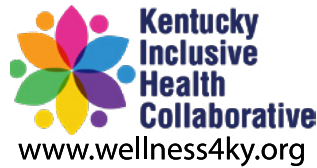
Store leftovers in the refrigerator within 2 hours.



Source: Brooke Jenkins, Extension Specialist, University of Kentucky Nutrition Education Program

Reference to or depiction of any specific commercial product or the use of any trade, firm or corporation name is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by the University of Kentucky Cooperative Extension Service.

This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This publication was supported by the Grant or Cooperative Agreement Number, DD000010, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.