

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.

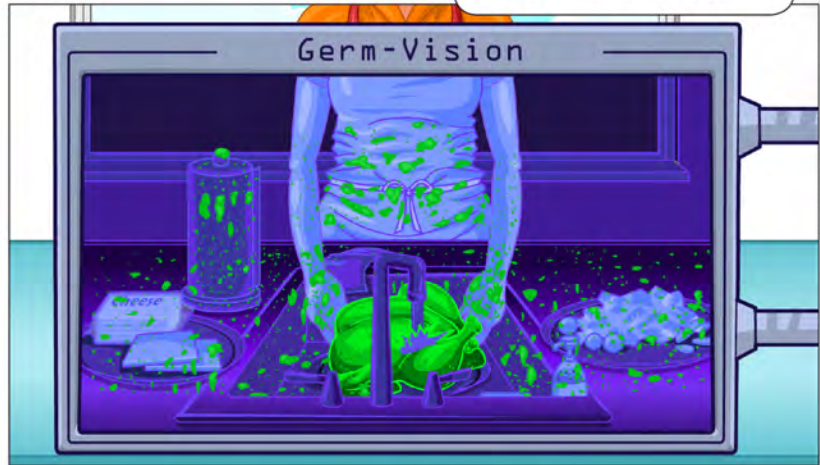


SURE, CHICKEN DOES HAVE BACTERIA ON IT SOMETIMES...

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



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.



This material is based on work funded by the National Integrated Food Safety Initiative (NIFSI), United States Department of Agriculture (USDA), under Agreement No. 2009-51110-05853. ©2013, NMSU Board of Regents. Drexel University and New Mexico State University cooperating with the U.S. Department of Agriculture. Drexel University and NMSU are both equal opportunity/affirmative action employers and educators.



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



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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

Amount Per Serving		% Daily Value*	
Calories 70		Calories from Fat 25	
Amount Per Serving			
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			



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