



Chicken, Canned

MyPlate Food Group: Protein

Nutrition Information

- 1 ounce of canned chicken counts as 1 ounce in theChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein FoodsGroup. Beans and peas can also be considered apart of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Chicken supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses & Tips

- Canned chicken is fully cooked, so it is safe to eat without cooking. If heated, serve right away or refrigerate leftovers in a container that is not made from metal.
- Canned chicken can be added to sandwiches, casseroles, soups, or salads.

MyPlate Facts

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

Storing Foods at Home

- Store unopened cans or pouches in a cool, clean, dry place.
- Store remaining opened chicken in a tightly covered container that is not made from metal in the refrigerator.



GOLDEN
HARVEST FOOD BANK



Hearty Chicken Salad

Makes 4 servings

Ingredients:

- 1 can (12 ounce) chicken, drained
- ½ cup onion, diced OR 1 tablespoon onion powder
- ½ cup apple, diced
- ¼ cup celery, diced (optional)
- ¼ cup grapes, sliced into small pieces (optional)
- ¼ cup pecans OR walnuts, chopped (optional)
- 2 tablespoons mayonnaise (optional)
- ½ teaspoon black pepper (optional)

Directions: Wash hands with soap and water.

1. Combine chicken, onion, apples, celery, grapes, nuts, mayonnaise, and black pepper.
2. Serve with lettuce leaves to make lettuce wraps or on whole grain bread or crackers.

NOTE: You can use the same recipe for tuna salad, just take out the fruit and add 1-2 diced boiled eggs.

Recipe adapted from First Nations Development Institute