

Chicken & Eggs

April 2018



Did you know?

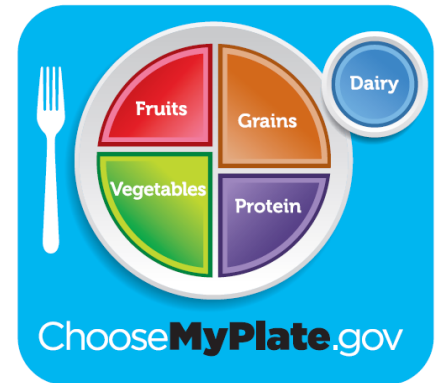
- The world chicken population is estimated to be at least 19 billion, three times the total population of humans.
- Egg whites contain protein and water while egg yolks contain calcium, iron, phosphorous, zinc and vitamins A, B, and D.
- Chickens are believed to be the closest living relative of the Tyrannosaurus rex.
- Eggs are laid by female chickens, called hens. An average hen lays 300 to 325 eggs a year. As a hen grows older she produces larger eggs.
- Mother hens talk to their eggs (often a purring sound), and the chicks begin peeping back to her from inside their unhatched eggs.
- The breed of a hen will indicate what color eggs she will produce. Yolk color depends on the diet of the hen. Healthier hens lay eggs with a deep golden colored yolk.

Nutritional Benefits of Chicken and Eggs

Chicken and eggs are both low in fat and calories and packed with protein. One egg has only 75 calories and 7 grams of high-quality protein, 5 grams of fat, and 1.6 grams of saturated fat, along with iron, vitamins, minerals, and carotenoids. Eggs should be stored in the refrigerator and cooked thoroughly to kill any potential bacteria.

A 3-oz. boneless, skinless chicken breast packs 27 g of protein and is relatively low in saturated fat compared to many protein alternatives, especially when the skin is removed. Grilling, broiling and baking are great cooking methods to keep the fat content at its lowest.

Protein is a major building block of all muscular tissue in your body, including skeletal muscle, heart tissue and smooth muscle found in the walls of your intestines. Proteins are also responsible for the maintenance and building of other structures in the body, such as cells and bone, and the performance of many crucial jobs, including the breakdown of toxins.



For more information on how much protein you need, visit choosemyplate.gov



This month we are talking about choosing a healthy combination of foods that will give us the energy we need to live active lives through learning about MyPlate.

Students participated in many fun activities this month. Students participated in a relay race where they had a grocery bag filled with food wrappers and they had to sort each food into the food group the item belongs in. This helped students understand what foods fit into each food group to help build healthy eating habits.

We did a cooking demonstration where we made scrambled eggs from farm fresh eggs. In Prairie schools, we tasted delicious, fresh and crunchy tri-colored beans that were grown at Sharing Spaces Kitchen & Greenhouse! We love seeing all of these young, adventurous eaters!



Check out the delicious recipes for meals with protein from Crossing Rivers Health!!

Crispy Ranch Chicken

Yield: 4-6 servings

Ingredients

- 2 lb. chicken breast tenderloins
- 2 1-oz packs ranch dressing mix
- Bread crumbs



Directions

1. Preheat oven to 375 degrees F.
2. Combine ranch mix and breadcrumbs in a bag. Add chicken and shake until coated.
3. Place coated chicken onto an ungreased baking sheet. Bake for 25-30 minute, or until juices run clear.

On-the-Go Egg Muffins

Yield: 12 servings

Ingredients

- ½ lb. breakfast sausage
- 12 eggs
- ½ cup chopped onions
- ½ cup chopped bell peppers
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder
- ½ cup shredded cheddar cheese



Directions

1. Preheat oven to 350 degrees F. Lightly grease 12 muffin cups or line with paper liners.
2. Heat a large skillet and stir in the sausage. Cook and stir until evenly browned and no longer pink. Drain.
3. Beat the eggs in a large bowl. Stir in onions, bell peppers, salt, pepper, and garlic. Mix in sausage and cheese.
4. Spoon 1/3 cup of the mix into each muffin tin. Bake 20-25 minutes until a knife comes out clean.
5. Try mixing it up with different meats like bacon or ham, or adding veggies like mushrooms, spinach, or tomatoes!

Recipe adapted from allrecipes.com



Color the Zendoodle Eggs!

