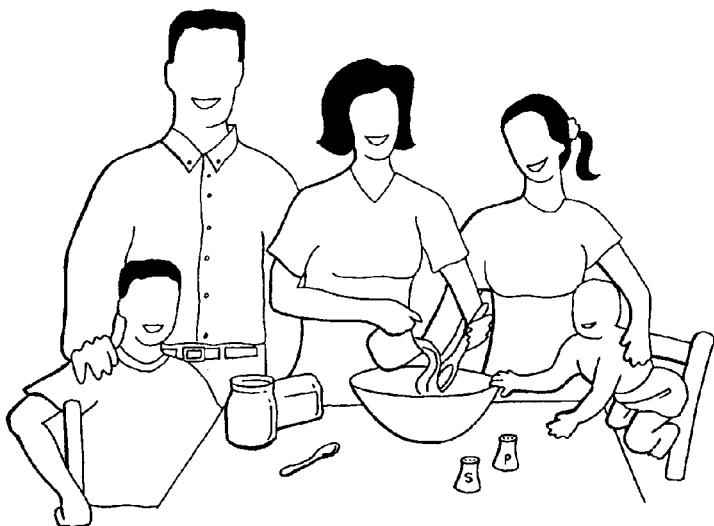
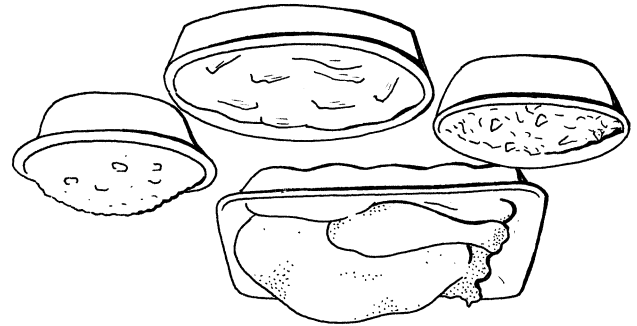


*Your family is happier  
when you cook  
good food.*



## 3 Recipes for 1 Chicken

Use 1 chicken to make these 3 dishes.  
Each recipe makes enough for 5 people.



### Smothered Chicken

2 breasts  
2 drumsticks  
1 wishbone  
¼ cup flour  
½ teaspoon salt  
½ cup cooking oil  
1 cup water

### Chicken Salad

2 wings  
2 thighs  
1 neck  
1 back  
½ teaspoon salt  
1 apple  
½ cup pickles  
½ cup mayonnaise

### Rich Rice

4 cups broth  
1 liver  
1 gizzard  
2 cups rice

### What You Use:



HE-118  
Alabama Cooperative Extension System,  
Alabama A&M and Auburn Universities  
[www.aces.edu](http://www.aces.edu)

*A good diet has meat,  
poultry, fish, eggs, cheese, or  
dried beans or peas every  
day. A good diet has milk  
and bread. It also has  
vegetables and fruits.*



**Evelyn Crayton**, Extension Foods and Nutrition Specialist, Professor, Nutrition and Food Science, Auburn University. Originally prepared by **Fariss Prickett**, former 4-H Specialist—Foods and Nutrition.

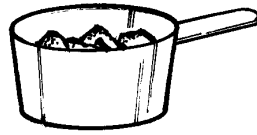
**For more information**, call your county Extension office. Look in your telephone directory under your county's name to find the number.

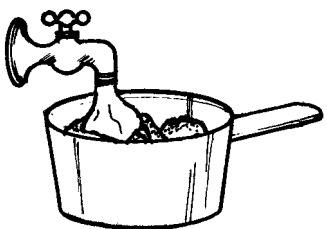
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University).

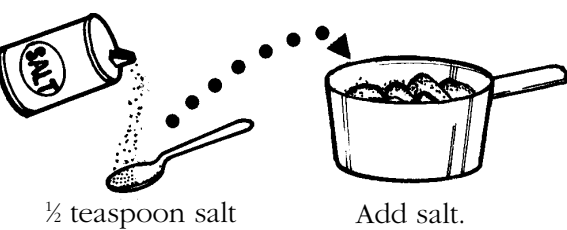
# How to Make Chicken Salad


Use wings, thighs, neck, and back in this recipe.


- 1** Put chicken pieces in a boiler.  
Cook liver and gizzard, too, for Rich Rice recipe.






- 2**  Cover chicken with water.


- 3**   $\frac{1}{2}$  teaspoon salt  
Add salt.

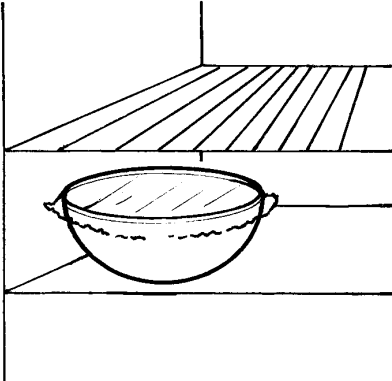
- 4** Cover boiler.  
Let water come to a boil.  
**Turn heat low.**  
Cook about 30 minutes.  
Cook until chicken is tender.
- 

- 5** Take chicken pieces out of boiler.  
Put them on a plate to cool.  
Put broth in a jar.  
Cut liver and gizzard in small pieces.  
Add them to broth.  
Put broth in the refrigerator.  
Use this to make Rich Rice.
- 

- 6**  Pull all the meat from the bones.  
Cut meat in small pieces.  
Put it in a bowl.

- 7**  Wash 1 apple  
Cut it in small pieces.  
 Pickles, cut in small pieces.  
 $\frac{1}{2}$  cup  
Add apple and pickles.  
Stir real good.

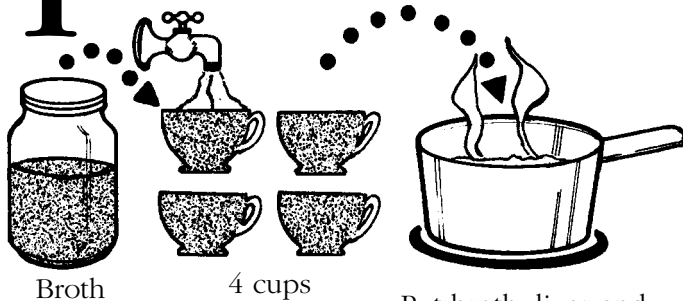
- 8**  Mayonnaise  
 $\frac{1}{2}$  cup  
Add mayonnaise.  
Stir well.

- 9** Put Chicken Salad in the refrigerator.  
Let it get cold.  
Use it as a salad or for sandwiches.
- 

# How to Make Rich Rice

Use cooked liver and gizzard and the broth in this recipe.

1



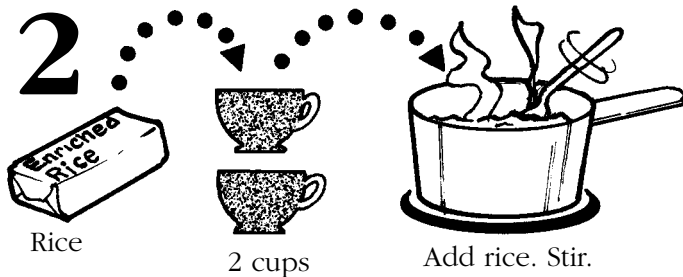
Broth

4 cups

Put broth, liver and gizzard in a boiler. Let it come to a boil.

Add enough water to broth to make 4 cups.

2

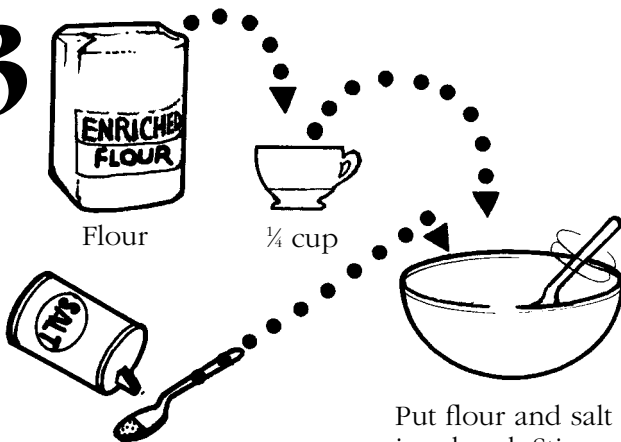


Rice

2 cups

Add rice. Stir.

3



Flour

$\frac{1}{4}$  cup

Put flour and salt in a bowl. Stir

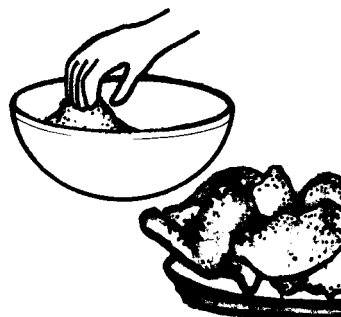
$\frac{1}{2}$  teaspoon salt

4

Roll breasts, drumsticks, and wishbone in flour mixture.

Put other pieces in the refrigerator.

Cover them.

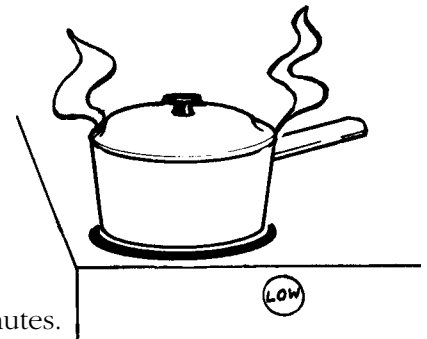


3

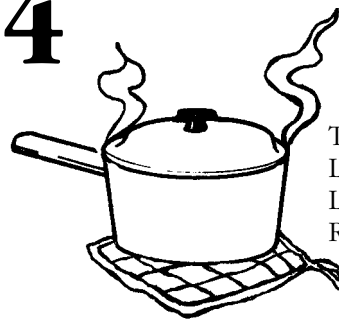
Cover boiler.

Turn heat low.

Cook about 20 minutes.

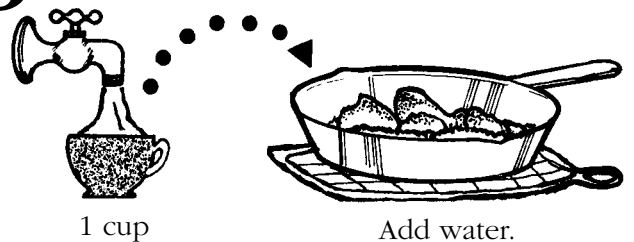


4



Take boiler off heat. Leave lid on boiler. Let rice sit for 10 minutes. Rice will be tender.

8



1 cup

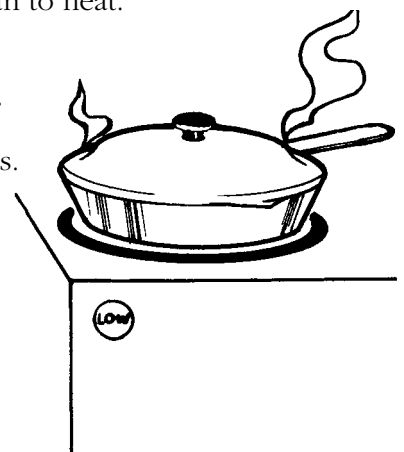
Add water.

9

Return frying pan to heat. Cover pan.

Turn heat low.

Cook 30 minutes.

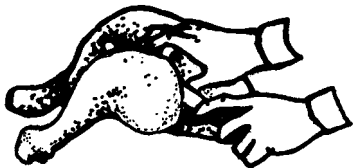


# How to Make Smothered Chicken

Use breasts, drumsticks, and wishbone in this recipe.

1

Cut chicken in pieces.



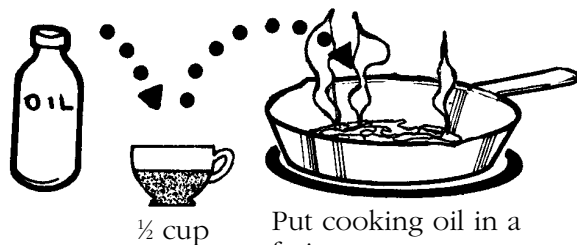
Wash the table where you cut up the chicken. Use soap and water. Rinse.

2

Rinse pieces of chicken.



5



Put cooking oil in a frying pan.

6

Put chicken pieces in hot oil.

Turn heat to medium.

Let them brown. Turn them. Brown other side.



7

Take pan off heat for 5 minutes.



## Buying Tips

*When you buy chicken, read the label.*

*These signs can help you.*



**This means it is clean and safe to eat.**

You pay more for chicken cut up at the store.

Cut up chicken at home. Save money.

Rinse chicken before you cook it.

Wash the table where you cut up the chicken.

Use soap and water. Rinse.



**This means it is meaty and looks good.**