3 Recipes for 1 Chicken

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.

Your family is happier when you cook good food.

What You Use:

Smothered Chicken
- 2 breasts
- 1⁄4 cup flour
- 2 drumsticks
- 1⁄2 teaspoon salt
- 1 wishbone
- 1 cup cooking oil
- 1 cup water
- 1/2 cup mayonnaise
- 1/2 cup pickles
- 1 apple
- 1 teaspoon salt
- 2 drumsticks
- 2 cups rice
- 1 cup water
- 1/2 cup cooking oil
- 1/2 cup mayonnaise
- 1/2 cup pickles
- 1/2 cup flour

Rich Rice
- 4 cups broth
- 1 liver
- 1 cup rice
- 1/2 cup water
- 1/2 cup mayonnaise
- 1/2 cup pickles
- 1/2 cup flour

Chicken Salad
- 2 wings
- 2 thighs
- 2 dressings
- 1 wishbone
- 1 cup mayonnaise
- 1/2 cup pickles
- 1/2 cup flour

Your family is happier when you cook good food.
How to Make Chicken Salad
Use wings, thighs, neck, and back in this recipe.


2. Cover chicken with water.

3. ½ 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.
   Add apple and pickles. Stir real good.

8. Mayonnaise
   ½ cup
   Add mayonnaise. Stir well.

   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
   Add enough water to broth to make 4 cups.

2. Rice 2 cups
   Add rice. Stir.

3. Flour ½ cup
   ½ teaspoon salt
   Put flour and salt in a bowl. Stir

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.

5. Broth 4 cups
   Add enough water to broth to make 4 cups.
   Put broth, liver and gizzard in a boiler.
   Let it come to a boil.

6. Rice 2 cups
   Add rice. Stir.

7. Return frying pan to heat.
   Cover pan.

8. Turn heat low.
   Cook 30 minutes.

1 cup
Add water.
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.

3. Put cooking oil in a frying pan.
   Put chicken pieces in hot oil.
   Turn heat to medium.
   Let them brown. Turn them. Brown other side.
   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.