

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.

Whole Chicken- Rotisserie Style

WHOLE CHICKEN CAN BE A LESS EXPENSIVE SOURCE OF POULTRY AND PROTEIN. COOK A WHOLE CHICKEN AT THE START OF A WEEK AND USE IT MULTIPLE WAYS!



Ingredients:

- 5 lb. whole chicken, neck and giblets removed**
- Cooking spray**
- 2 Tbsp. avocado oil (air fryer)**
- 1 Tbsp. brown sugar**
- 2 tsp. salt**
- 1 tsp. pepper**
- ½ tsp. garlic powder**
- ½ tsp. onion powder**
- ¼ cup vegetable oil**
- 1 Tbsp. smoked paprika**

Note: Brown sugar can be omitted and dried thyme, oregano, basil, or lemon pepper could also be used to season chicken

Air Fryer Directions:

1. Combine seasoning with avocado oil to make a paste and spread evenly over the whole chicken.

Continued...

2. Spray the air fryer basket with cooking spray and place chicken, breast side down, in basket. Cook at 360°F for 50 minutes.
3. Flip chicken over and cook for an additional 10 minutes.

Slow Cooker Directions:

1. Mix together brown sugar, salt, pepper, garlic powder, onion powder, and paprika in a small bowl. Note: You can use most any seasonings of your choice.
2. Coat a slow cooker with cooking spray. Roll a piece of heavy duty aluminum foil into a ring shape that will be used as a rack in the slow cooker.
3. Place chicken on top of the foil ring and rub the spice mixture all over the chicken. (chicken should be sitting on foil and not on the bottom of the slow cooker)
4. Cover and cook on High for 3-4 hours or until thermometer reads 165°F when inserted into the thickest part of the chicken.
5. To crisp the skin, remove from slow cooker to baking dish and broil in the oven for 4-5 minutes.

Eat what's in season...

Turnips

Selection:

Turnips have two peak seasons, late spring and late fall. Look for turnips that are pearly, heavy, and without soft spots. Avoid those that have scars or cracks in the flesh. Choose turnips with fresh looking leaves if still attached. Be sure to wash and peel turnips prior to cooking. They can be eaten raw but make great additions to soups and stews. Tip: small and medium turnips will be sweeter than larger sized produce.

Did you know?

Turnip greens are also edible and enjoyed by many. Washing this vegetables bright green, tender leaves and boiling them for only a few minutes can create a nice side dish. Use lemon, onion, vinegar, or allspice to flavor these greens!



Storage:

Turnips tend to become more bitter the longer they are stored. Store turnips in the refrigerator in a plastic bag for only a few days or up to two weeks.

Buffalo Ranch Chicken Dip

Ingredients:

1 ½ cups cooked chicken
(Optional: shred whole chicken from page 1)
8 oz. cream cheese, softened
½ cup buffalo wing sauce
2 Tbsp. dry ranch dressing mix
½ cup sour cream
1 cup shredded cheddar cheese
2 Tbsp. sliced green onion
Cooking spray

Directions:

1. Preheat the oven to 400°F.
2. Mix together the shredded chicken, cream cheese, buffalo wing sauce, dry ranch mix and sour cream.
3. Cover an oven safe skillet or pie plate with cooking spray and spread mixture into the dish.
4. Top with shredded cheese.
5. Bake for 20 minutes or until cheese is melted and begins to brown.
6. Remove from oven. Sprinkle with green onions and serve. Serve with vegetables like celery, baguette bread, chips, or crackers.



NOTE: Buffalo Ranch Chicken Dip can be a great foundation to build tacos or quesadillas. Spread dip over tortilla shell and add additional chicken, lettuce, black beans, refried beans, and/ or tomatoes as you like. Enjoy this flavor packed version!

Side Dish Spotlight

Below are additional recipes using turnips, chicken, or foods high in Choline. Check on the nutrient profile for Choline on page 4!

Cranberry Chicken Panini

Ingredients:

- 2 slices of ciabatta or other sturdy bread
- 2 slices Muenster, Provolone, or other favorite cheese
- 2-3 ounces of chicken
- 2 Tbsp. whole cranberry sauce
- ¼ cup baby spinach leaves
- 1 Tbsp. honey mustard
- 1 tsp. olive oil

Layer one slice of bread, a slice of cheese, chicken slices or pieces, cranberry sauce and spinach. Add another slice of cheese to the top. Spread honey mustard on the second slice of bread and add to the sandwich. Heat a panini press or skillet using medium heat and brush outside of bread slices with olive oil. Cook for 3-5 minutes in a press or 1-2 minutes on each side in a skillet. Serve hot.



Roasted Root Vegetables

Ingredients:

- 1 large sweet potato, peeled and cubed
- ½ lb. red potatoes, washed and cubed
- ½ lb. beets, washed and cubed
- 2 parsnips, peeled and halved lengthwise
- ½ red onion, peeled and sliced lengthwise
- 2 tsp. minced garlic
- ¼ cup olive oil, divided
- 2 tsp. dried thyme
- 3 tsp. dried rosemary
- 1 tsp. ground cumin
- 1 tsp. salt (more to taste)
- ½ tsp. black pepper (more to taste)

Preheat oven to 400°F. Place cut vegetables in a large mixing bowl (the more similar the size of vegetable pieces, the more evenly they will roast). Add 3 Tbsp. olive oil, thyme, rosemary, cumin, salt, and pepper and stir until vegetables are evenly coated with oil and spices. Brush remaining olive oil on rimmed baking sheet. Spread vegetables out evenly on baking sheet and roast for 15 minutes. Remove from oven, stir vegetables so that they remain evenly spaced on the sheet. Return to oven and continue roasting for another 15-25 minutes or until largest pieces are tender and edges are beginning to brown.

Mashed Turnips

Ingredients:

- 1 pound turnips, peeled and cubed
- 1½ pounds parsnips, peeled and cubed
- ½ cup chicken stock
- ¼ cup butter
- 1 tsp. (or less) salt
- pinch of black pepper

Add turnips and parsnips to pot and fill with cold water until vegetables are covered. Bring to a boil and partially cover to cook for 10-12 minutes. Vegetables should be fork tender. Drain vegetables and transfer to a food processor. Add chicken stock, butter, salt, and pepper and blend until smooth.

**Selection,
Handling, &
Storage**

Parsnips resemble carrots but are typically more tan/white in color. This root vegetable thrives in colder weather and cold temperatures tend to increase the sweetness of the parsnip. Gardener's can actually allow the root to remain in the garden throughout the winter since they can be frozen without injury. Additionally, parsnips contain multiple vitamins, minerals, and is a good source of fiber. Choose parsnips that are firm and dry without pits. Smaller sized vegetables may be more tender and flavorful.



When shopping for **whole chickens**, look for chicken in packaging that has not been damaged. Whole chicken should not have much of an odor and should not feel slimy. Discard the chicken if either of the above qualities are present.

Refrigerate as soon as possible and store below ready to eat foods.

Prepackaged meat will have a use-by or expiration date but it's best to use these products as soon as possible.

What you'll find in most stores are broilers/fryers, roasters, and Cornish game hens. A game hen is a very young chicken weighing less than 2 pounds. A broiler or fryer is younger than 10 weeks old, and ranges from 2 1/2 to 4 1/2 pounds. A roaster is between 8 and 12 weeks old and weighs 5 pounds or more. Remember, it's crucial to cook all poultry to an internal temperature of 165°F!



Nutrient Profile: Choline

Our bodies are capable of producing small amounts of choline in our liver, but not enough to meet daily recommendations. We need to be sure to eat foods containing choline because of its important activity in muscle contraction, brain functions of memory and thinking, and activating pain responses (a nerve reaction). Our liver can convert choline into another form whose job is to assist in creating proteins to carry fat through the body and breaking down cholesterol.



Food Sources: egg yolks, chicken breast, beef, shiitake mushrooms, potatoes, legumes (beans, peanuts), milk, yogurt, broccoli, cauliflower, brussels sprouts, cabbage, sunflower seeds

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