



# From the Food Bank Kitchen

## Canned Chicken Ideas

*Canned chicken is versatile and affordable. Like tuna, it is easy to add into any meal as a protein source. It is skinless, fully cooked, and contains white meat, dark meat, or a combination of both. It requires little preparation and is often packaged in small cans, making it helpful when cooking for one or two. The Nutrition Facts label on a 5 oz can indicates that one can contains two and a half 2 oz servings. Each serving contains 70 calories, 3 grams of fat (1 gram of saturated fat), 240 mg of sodium, no carbohydrate, and 10 grams of protein.*

**Selection:** Choose cans that are free from any leaks, dents, bulges, or rust. Note that the “Use By” or “Best By” date indicate when the food is at peak quality, but don’t mean the food isn’t safe to eat after that date.

**Storage:** Store all cans in a cool, dry place. After opening, keep remaining chicken in a tightly covered glass or plastic container for up to 4 days in the refrigerator, or two months in the freezer.

**Uses:** Canned chicken can be the basis of many dishes. It is soft and already cooked, so you can easily put it into tortilla wraps with cheese, beans, lettuce, and salsa for a tasty enchilada or burrito. Add it to macaroni and cheese with 2 cups of mixed frozen vegetables to increase fiber and protein. Add it to casseroles, stews, or soups to provide more filling protein. Try this recipe for a [Raisin and Walnut Chicken Salad](#): Mix together 10 ounces of chicken, 2 Tbsp of walnuts (or sliced almonds), a pinch each of garlic and onion powders, 5 teaspoons of mayonnaise, ¼ cup each shredded carrots and raisins or Craisins®, 1 Tbsp honey Dijon mustard, and a pinch each of salt and pepper. Make a sandwich on whole grain bread, or put it on top of a tossed salad or in a hollowed green pepper. *You can use canned chicken in cold dishes too, since it has already been cooked. We recommend chilling the meat in the fridge for at least 2 hours before adding it into any chilled dish.*

### Chicken Salad Cups

Serves 6

Adapted from USDA

- 1 (10 oz) can or 2 (5 oz) cans all white meat chicken
- ½ c strawberries, diced
- ½ c fresh spinach, chopped
- ¼ c green onions (scallions) or shallot, chopped
- 4 tsp mustard (yellow or stone ground)

- ¼ c mayonnaise (you can substitute light sour cream or plain fat-free yogurt to decrease calories and fat)\*
- 2 tsp dried oregano OR dill
- salt and pepper to taste (about ¼ tsp each)
- 12 small Romaine lettuce leaves or Bibb lettuce leaves

**Directions:** Drain canned chicken. In a medium bowl, combine chicken, strawberries, spinach, and green onions. In a separate bowl, mix together mayonnaise (or sour cream or yogurt), mustard, oregano or dill, salt, and black pepper. Gently fold the dressing into the chicken mixture. Measure about 1/4 cup of chicken salad into each lettuce leaf.

**Nutrition Facts:** Calories 150, Fat 10 gm, Saturated Fat 2 gm, Sodium 310 mg, Carbohydrate 2 gm, Fiber 1 gm, Protein 13 gm

**Optional:** Add in blueberries, grapes, nuts, or seeds for some additional flavor. Instead of serving in lettuce cups, eat it for lunch as a wrap or put it on a salad!

*\*Using light sour cream or fat-free yogurt lowers calories to 100 and fat to 4 grams.*

### Six Can Chicken Tortilla Soup

Serves 6

Source: UNL Nutrition Extension

- 1 (15 oz) can No Salt Added whole kernel corn, drained and rinsed
- 2 (14.5 oz) cans chicken broth, low sodium (or mix 1 quart of water with 1 Tbsp low sodium bouillon powder)
- 1 (10 oz) or 2 (5 oz) cans chunk chicken, drained
- 1 (15 oz) can no salt added black beans, drained and rinsed
- 1 (10 oz) can drained diced tomatoes w/ green chili peppers

**Optional:** Add chili powder or hot sauce for an added kick. Throw some cheese on top to melt and make it creamier.

**Nutrition Facts:** Calories 200, Fat 4 gm, Saturated Fat 1 gm, Sodium 380 mg, Carbohydrate 25 gm, Fiber 5 gm, Protein 19 gm

**Directions:** Open all cans and pour into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through. Serve over tortilla chips or add brown rice or cooked pasta for some additional flavor and texture. Top with cheese, sour cream, or chopped cilantro. If desired, package into individual size freezer-safe containers and freeze, then microwave when you want a quick meal another day.