CHICKEN: HEN-JOY THIS QUICK MEAL!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

HERB BAKED CHICKEN

INGREDIENTS:

- 4 CHICKEN LEGS, SKIN REMOVED AND FAT TRIMMED OFF
- ½ CUP MILK (FLUID OR FROM SKIM MILK POWDER)
- ⅓ CUP BREAD CRUMBS
- ⅓ CUP PARMESAN CHEESE
- 1 TBSP DRIED PARSLEY
- 1 TSP ITALIAN SEASONING
- ¼ TSP PEPPER

HERE`S HOW TO MAKE IT:

1. PLACE CHICKEN IN A MEDIUM BOWL. POUR MILK OVER CHICKEN AND LET SOAK FOR 5 MINUTES. TURN OVER AND LET SOAK FOR ANOTHER 10 MINUTES. DRAIN CHICKEN. THROW AWAY THE MILK.
2. TURN ON OVEN TO 375 F (190 C). STIR BREAD CRUMBS, CHEESE, PARSLEY, ITALIAN SEASONING AND PEPPER TOGETHER IN A MEDIUM BOWL.
3. DIP CHICKEN PIECES, ONE AT A TIME, INTO BREAD CRUMB MIXTURE. BE SURE EACH PIECE OF CHICKEN IS COATED ALL OVER.
4. LIGHTLY GREASE A BAKING PAN AND PLACE THE CHICKEN PIECES IN THE PAN. BAKE ABOUT 45 MINUTES OR UNTIL CHICKEN IS WELL COOKED.

SERVES4



CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK PLUS YOUR OWN COPY OF THE COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://BIT.LY/4YKEFZQ OR SCAN QR CODE

SCAN ME TO ENTER

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

HATCH A DINNER PLAN!

WANT A NEW WAY TO SPICE UP YOUR PROTEIN? TRY THIS BBQ CHICKEN!

INGREDIENTS:

- 1 TSP VEGETABLE OIL
- ½ CUP CHOPPED ONION
- ½ CUP KETCHUP
- ½ CUP WATER
- 2 TBSP VINEGAR
- 2 TBSP BROWN SUGAR
- 1½ TSP WORCESTERSHIRE SAUCE
- 1 TSP DRIED PARSLEY
- 1 TSP CHILI POWDER
- 4 CHICKEN LEGS, SKIN REMOVED AND FAT TRIMMED OFF
- 1 TBSP CORN STARCH
- 1 TBSP COLD WATER

INSTRUCTIONS:

1. TURN ON STOVE TO MEDIUM-HIGH HEAT. HEAT OIL IN A LARGE FRYPAN. ADD ONION AND COOK UNTIL SOFT, ABOUT 5 MINUTES.
2. STIR IN KETCHUP, WATER, VINEGAR, BROWN SUGAR, WORCESTERSHIRE SAUCE, PARSLEY AND CHILI POWDER. HEAT SAUCE UNTIL IT BOILS
3. ADD CHICKEN. SPOON SAUCE OVER CHICKEN. TURN HEAT TO LOW, COVER AND SIMMER FOR 30 MINUTES. TURN CHICKEN OVER AND COOK ANOTHER 15 MINUTES. REMOVE CHICKEN AND PUT ON A CLEAN PLATE. LEAVE SAUCE IN THE FRYPAN
4. TURN UP HEAT TO MEDIUM. COMBINE CORN STARCH AND WATER IN A SMALL BOWL. STIR INTO SAUCE. COOK AND STIR UNTIL MIXTURE BOILS AND THICKENS. TO SERVE, SPOON SAUCE OVER CHICKEN.

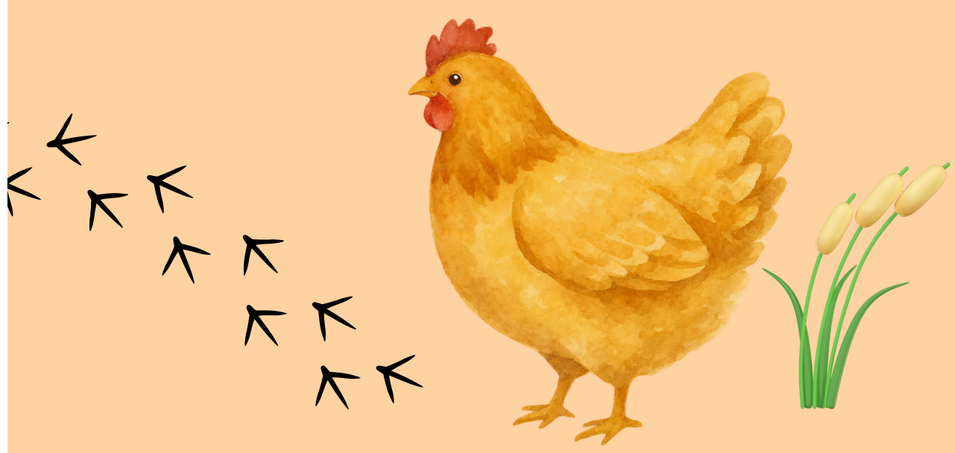
For this recipe and more visit The Basic Shelf Cookbook Website (https://www.cpha.ca/covid-19-and-basic-shelf-cookbook)

BUDGET-FRIENDLY TIPS:

ARDINE SHARES A VALUE-ABLE HACK!

"Our family saves money by buying value size packages of chicken breast, pork chops, and hamburger, then separate into portions and freeze. Having a large chest freezer downstairs is great!"

HOW DO YOU SAVE MONEY ON GROCERIES?



CHICK OUT THESE JOKES!

- WHAT DO YOU CALL A CHICKEN THAT'S GOOD WITH NUMBERS?
  - A MATHEMA-CHICKEN!
- WHY DO CHICKENS LIKE SNACKS?
  - THEY'RE ALWAYS FEELING PECKISH.
- WHY DIDN'T THE CHICKEN FINISH THE RACE?
  - SHE DIDN'T HAVE THE HEN-DURANCE.



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