HERB YOUR ENTHUSIASM: JANUARY'S STAR CHICKEN!
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 NOT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

HERBED BAKED CHICKEN



INGREDIENTS:

- 4 CHICKEN LEGS, SKIN REMOVED AND FAT TRIMMED OFF
- ½ CUP MILK*
- ⅓ CUP BREAD CRUMBS
- ⅓ CUP PARMESAN CHEESE
- 1 TBSP DRIED PARSLEY
- 1 TSP ITALIAN SEASONING
- ¼ TSP PEPPER

***USE FLUID MILK OR MAKE ENOUGH MILK FROM SKIM MILK POWDER.**



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 AW.AY THE MILK.
2. TURN ON OVEN TO 375F (190C). 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 ON THE PAN. BAKE ABOUT 45 MINUTES OR UNTIL THE CHICKEN IS WELL COOKED (INTERNAL TEMPEATURE ON MEAT THERMOMETER IS 165F (74C).

SERVES 4

TIPS ON COOKING PERFECT CHICKEN AND PROPER INTERNAL TEMPERATURES VISIT RAISED BY A CANADIAN FARMER

(https://www.chicken.ca/cooking-tips)

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)

SERVING IDEA....

SERVE WITH RICE, ONION AND MUSHROOM PILAF FROM "THE BASIC SHELF COOKBOOK"



INGREDIENTS:

- 1 TBSP MARGARINE
- ½ CUP FINELY CHOPPED ONION
- 1 CUP RICE
- 2 CUPS HOT WATER
- 1 CAN (10 OZ/241 ML) SLICED MUSHROOMS, DRAINED AND RINSED
- 2 TSP DRIED PARSLEY
- 1 CHICKEN OR BEEF BOUILLON CUBE
- SALT AND PEPPER TO TASTE



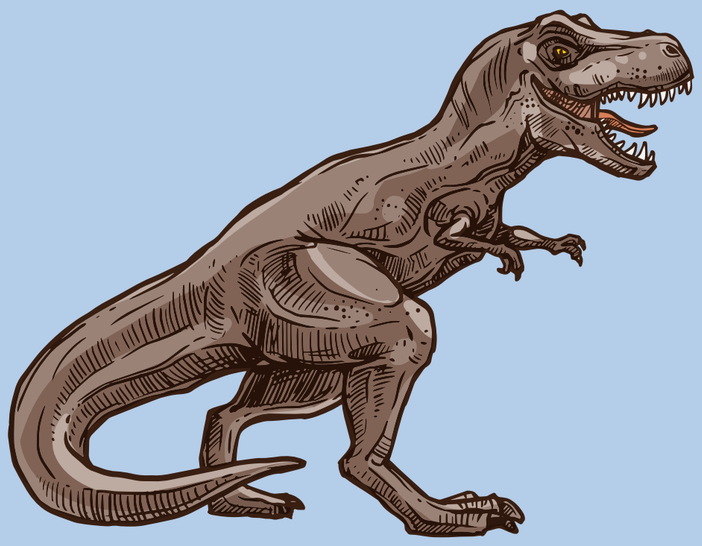
1. TURN ON STOVE TO MEDIUM HEAT. MELT MARGARINE IN A MEDIUM SAUCEPAN. ADD ONION AND COOK UNTIL SOFT, ABOUT 3-5 MINUTES.
2. STIR IN RICE, WATER, MUSHROOMS, PARSLEY AND BOUILLON CUBE. ADD SALT AND PEPPER TO TASTE. HEAT UNTIL BOILING. TURN HEAT TO LOW, COVER, AND SIMMER UNTIL RICE IS TENDER. THIS WILL TAKE ABOUT 20-25 MINUTES AND ALL THE WATER WATER WILL BE ABSORBED.

TRY BARLEY INSTEAD OF RICE IN THIS RECIPE FOR A CHANGE 🙂

ADD A VEGETABLE SIDE DISH OR FRUIT AND HAVE A GLASS OF MILK OR FORTIFIED SOY BEVERAGE TO MAKE A COMPLETE MEAL.

FUN FACTS

- CHICKENS ARE THE CLOSEST LIVING RELATIVES TO TYRANNOSAURUS REX!
- CHICKENS HAVE MORE BONES IN THEIR NECKS THAN GIRAFFES
- CHICKENS BONES FORM PART OF THE RESPIRATORY SYSTEM AND HELP THEM BREATHE!



More fun facts on chickens can be found on the World Animal Protection website

(https://www.worldanimalprotection.ca/education/animal-facts/chicken-facts)

TODAY'S CHUCKLE



WHAT DO YOU CALL A HEN'S DEEP THOUGHTS?

- CHIICKEN NUGGETS!!!

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