



# The Bird Brain

## For smart consumers of chicken

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### News

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### Did you Know?

Barely a generation ago, Canadians chose to serve chicken for special occasions only. The taste of its juicy dark meat or succulent white meat was reserved for Sundays, birthday parties or festive meals.

Before the 1950's, families purchased chickens from a butcher or a farmer's market. These chickens were freshly killed, but usually not

cleaned. Since refrigeration was not always efficient, chickens had to be cleaned and cooked without delay.

Today, chicken is an everyday meal, enjoyed often by more Canadians than ever before. It also represents excellent value and outstanding nutrition.

- *Chicken Farmers of Ontario*

### Nutrition Facts:

Trust in Canadian chicken is extremely high - and with good reason! It's a versatile, low-fat and nutritious choice to make, no matter what the occasion may be! With protein, amino acids, niacin, vitamin B6, iron, zinc and so much more, this affordable and delicious product can be a part of a healthy diet for all Canadians!

- *Chicken Farmers of Canada*

*Fat per 100 gram serving of skinless, roasted chicken*

PORTION	NOW	THEN	CHANGE
Breast	2.1 g fat	3.6 g fat	42% less
Leg & Back	6.9 g fat	10.8 g fat	36% less

"Now": *Canadian Nutrient File, 2007.*

"Then": *Canadian Nutrient File, 1991. (Note: chicken data in this file is from 1981)*

Source: [www.chicken.mb.ca](http://www.chicken.mb.ca)

### Chicken Enchiladas with Smoked Jalapeno Monterey Jack

Prep time: 30 minutes Serves: 4

#### Ingredients

- 3 cups shredded cooked chicken meat
- 1 127 ml can peeled green chilies
- 1 bunch green onions, chopped
- 2 1/2 cups Smoked Jalapeno Monterey Jack Cheese, grated
- 2 cups tomato sauce
- 1 teaspoon oregano
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground cloves
- 8 - 10 inch flour tortillas

#### Directions

Preheat oven to 350 degrees F. In a bowl mix the chicken, chilies, onion and 3/4 of the grated cheese. In another bowl combine tomato sauce with oregano, cumin and cloves. In a 10 x14 inch roasting pan pour in 1/8 of an inch of tomato sauce. Place equal amounts of chicken mixture into the center of each tortilla. Fold ends and then roll tortilla closed. Place filled tortillas into roasting pan and pour remaining tomato sauce on top. Sprinkle with remaining 1/4 of grated cheese and bake for 20 minutes. Serve hot.

*Recipe courtesy Chef Jason Wortzman.*



For more information and recipes, please visit [www.grannys.ca](http://www.grannys.ca)