

DON'T WASH YOUR CHICKEN!



Chicken Mole
("mole-lay")
nutty chocolate
sauce
Recipe Inside!

MIJA. I'M MAKING MY
SECRET MOLE* RECIPE.



* Mole ("mole-lay") nutty chocolate sauce

PLEASE COME HERE AND
WASH THE CHICKEN.



YOU'RE NOT
SUPPOSED
TO WASH
RAW
CHICKEN.

WHY NOT? I
ALWAYS WASH
RAW CHICKEN.

I KNOW YOU DO. IT
GROSSES ME OUT!

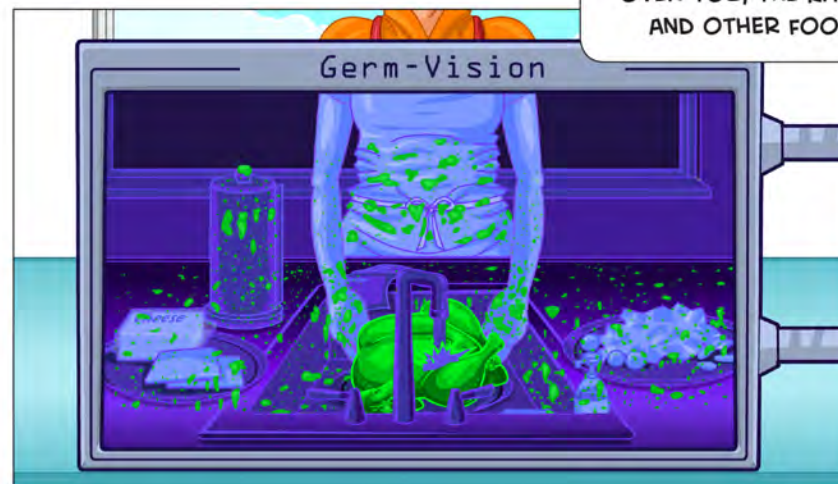
I LEARNED IN SCHOOL THAT
WASHING RAW POULTRY
JUST SPREADS BACTERIA.



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IF YOU COULD SEE GERMS,
YOU WOULD SEE THAT
WASHING POULTRY JUST
SPLASHES BACTERIA ALL
OVER YOU, THE KITCHEN,
AND OTHER FOODS.



SO HOW DO I GET
RID OF THE BACTERIA
ON THE CHICKEN?



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Chicken Mole ("mole-lay") nutty chocolate sauce

Yields 8 servings Serving Size: 1 piece

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped, or garlic powder
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1 14.5-ounce can diced tomatoes, drained, or 3 fresh tomatoes, chopped
- 1 bell pepper, chopped
- 2 jalapeño peppers (fresh, or canned and drained) or 2 chipotle peppers (canned), roughly chopped
- ¼ cups chicken broth (1 bouillon cube in ¼ cup water)
- 2 tablespoons peanut butter
- 2 ounces bittersweet chocolate, chopped
- 8 chicken thighs, trimmed
- pumpkin seeds and sesame seeds for garnish



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Chicken Mole ("mole-lay") nutty chocolate sauce

Instructions

1. Preheat oven to 350 degrees F.
2. Heat oil in a heavy bottomed pan over medium heat.
3. Add onion and sauté until translucent.
4. Add garlic and spices and continue to sauté to toast and develop flavor.
5. Add diced tomatoes, peppers, chipotles or jalapeños, broth, peanut butter, and chocolate. Simmer for 10 minutes.
6. Pureé until smooth.
7. Sear the chicken in a heavy bottomed hot sauté pan over

medium-high heat until browned on both sides.

8. Add to casserole dish, cover with sauce and braise in the oven for 45 minutes to 1 hour.

Garnish with pepitas (pumpkin seeds) and sesame seeds and serve with white rice.



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Nutrition Facts

Serving Size (159g)		Servings Per Container	
Amount Per Serving		Calories from Fat 130	
Calories 230			
		% Daily Value*	
Total Fat	14g		22%
Saturated Fat	4g		20%
Cholesterol	50mg		17%
Sodium	270mg		11%
Total Carbohydrate	11g		4%
Dietary Fiber	3g		11%
Sugars	6g		
Protein 16g			
Vitamin A	20%	Vitamin C	30%
Calcium	4%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Total Fat	Less than 65g	Calories	2,000 2,500
Saturated Fat	Less than 20g		80g
Cholesterol	Less than 300mg		25g
Sodium	Less than 2,400mg		300mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			