

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.

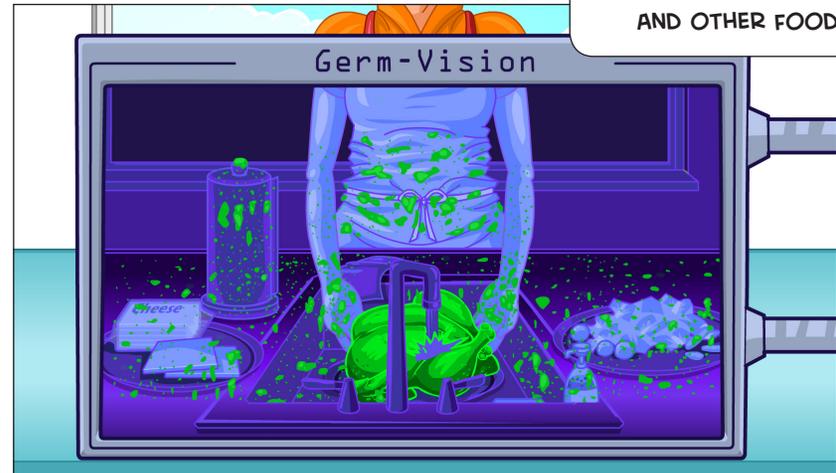
WHY NOT? I ALWAYS WASH RAW CHICKEN.

I KNOW YOU DO. IT GROSSES ME OUT!

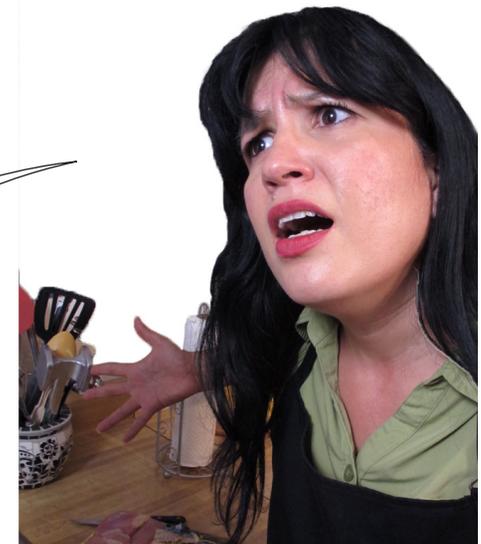
I LEARNED IN SCHOOL THAT WASHING RAW POULTRY JUST SPREADS BACTERIA.



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?





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
- 1¼ cups chicken broth (1 bouillon cube in 1¼ cup water)
- 2 tablespoons peanut butter
- 2 ounces bittersweet chocolate, chopped
- 8 chicken thighs, trimmed
- pumpkin seeds and sesame seeds for garnish



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 230		Calories from Fat 130	
			% 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.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4