I'm home.

What's cooking?

Mom will be so happy I'm cooking dinner tonight!

I'm home.

Lemon chicken's in the oven as soon as I wash this bird.

Sweetie, you should never wash raw chicken before cooking.

BUT RAW CHICKEN CAN BE COVERED IN LOTS OF NASTY BACTERIA.

www.drexel.edu/dontwashyourchicken

That's right, but...

If you could see germs, you would see that washing poultry just splashes bacteria all over you, the kitchen, and other foods.

www.drexel.edu/dontwashyourchicken
So how do I get rid of the bacteria on chicken?

Season it, stuff it with whole lemons, then pop it into the oven. The oven heat kills the bacteria.

That way our family won’t get sick from the dinners you’ll be cooking for us from now on.

From now on? You’re joking!... ...right?

This material is based on work funded by the National Integrated Food Safety Initiative (NIFSI), United States Department of Agriculture (USDA), under Agreement No. 2009-51110-05853. ©2013, NMSU Board of Regents. Drexel University and New Mexico State University cooperating with the U.S. Department of Agriculture. Drexel University and NMSU are both equal opportunity/affirmative action employers and educators.

Lemon Roasted Chicken

Yields 10 servings
Serving Size: 1 piece

Ingredients
4-pound whole chicken
½ teaspoon salt
½ teaspoon pepper
½ teaspoon whole cumin
2 cloves of garlic (thיקרly sliced, or 1 tsp garlic powder)
2 tablespoons butter – softened
2 whole lemons

Instructions
1. Preheat oven to 350 degrees F.
2. Combine salt, pepper, garlic, and cumin or other spices.
3. Dry the chicken with paper towels.
4. Rub chicken with softened butter, inside and out.
5. Sprinkle the spice combination over the chicken, inside and out.
6. Place 1 or 2 fresh lemons inside the chicken. These will be thrown away after baking – do not eat.
7. Bake in a 350-degree F oven for 60-75 minutes.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>20%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>80mg</td>
<td>26%</td>
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<tr>
<td>Sodium</td>
<td>420mg</td>
<td>6%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>0g</td>
<td>0%</td>
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<tr>
<td>Dietary Fiber</td>
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<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>24g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A: 4% • Vitamin C: 0% • Calcium: 2% • Iron: 6%* *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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