

CHICKEN, LEG QUARTERS, FROZEN

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

Frozen Chicken Leg Quarters with skin are produced from ready-to-cook broiler/fryer chickens.

Pack/Yield

- The pack will consist of 4 leg quarters per bag (approximately 4 lbs. per bag).
- On average, a leg quarter weighs 15 to 16 ounces.

Storage

- Keep frozen at 0°F or below until ready to use.
- After cooking, remove meat from bones and store leftover chicken in a covered container, in the refrigerator. Use within 2 days.

Preparation

- Frozen chicken must be properly handled to avoid spoilage or serious food poisoning.
- Thaw only the amount needed for 1 day's use. Avoid leftovers. Thaw in refrigerator (35-40 °F) overnight on a plate to catch drips.
- For food safety reasons, **do not** thaw the chicken at room temperature or in water. **DO NOT REFREEZE.** Cook within 24 hours of thawing.
- If accidentally thawed, cook promptly.
- It is not necessary to wash raw chicken. Any bacteria which might be present are destroyed by cooking.

USES

- Leftover chicken will make excellent quick-to-fix soup, salad filling for sandwiches, or casseroles.
- Chicken may be baked, barbecued, broiled, oven-fried, or simmered.



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Cooking

- Cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next.
- Insert thermometer into the thickest part of the meat. Be sure thermometer does not touch bone. Cook chicken products to an internal temperature of 165 °F for 15 seconds.
- Judge doneness by temperature, not the color or texture of the food.

Nutrition Information

- **Keep it Lean.** Trim away all of the visible fat from poultry before cooking.
- 1 ounce of cooked poultry, without skin, can be counted as 1 ounce-equivalent from the Meat and Beans group towards your daily recommended intake.

Nutrition Facts			
Serving size 1 leg quarter (95g) bone removed, meat only, roasted			
Amount Per Serving			
Calories	181	Fat Cal	72
% Daily Value*			
Total Fat	8.0g		12%
	Saturated Fat	2.2g	11%
Cholesterol	90mg		30%
Sodium	87mg		4%
Total Carbohydrate	0g		0%
	Dietary Fiber	0g	0%
	Sugars	0g	
Protein	26g		
Vitamin A	1%	Vitamin C	0%
Calcium	1%	Iron	7%
*Percent Daily Values are based on a 2,000 calorie diet.			

(See recipe and menu ideas on reverse side)

Tangy Chicken Leg Quarters

2 chicken leg quarters (about 14 oz.), skinned
Vegetable cooking spray
1/4 teaspoon garlic powder
1/4 cup unsweetened applesauce
2 tablespoons reduced sodium soy sauce

Recipe provided by Cooks.com

1. Preheat the broiler at least 5 to 7 minutes.
2. Place chicken on a rack coated with cooking spray; place rack on a broiler pan or place on a rack in a shallow baking pan. Line the pan with aluminum foil to reduce cleanup.
3. Sprinkle garlic powder over chicken.
4. Broil 5½ inches from heat 20 minutes.
5. Combine applesauce and soy sauce; brush over chicken.
6. Turn chicken over, and broil an additional 10 minutes or until done, basting frequently with applesauce mixture.

Makes 2 servings

Nutrition Information for each serving of Tangy Chicken Legs:

Calories	205	Cholesterol	89 mg	Sugar	3.2 g	Calcium	23 mg
Calories from Fat	72	Sodium	662 mg	Protein	26.8 g	Iron	1.4 mg
Total Fat	8.0 g	Total Carbohydrate	4.7 g	Vitamin A	28 RE		
Saturated Fat	2.2 g	Dietary Fiber	0.4 g	Vitamin C	1 mg		

Oven-Baked Chicken Leg Quarters

6 chicken leg quarters, skinned and trimmed of fat
Skim or low-fat milk
1/2 cup plain bread crumbs
1/3 cup Parmesan cheese
1 tablespoon dried parsley flakes, crumbled
1/4 teaspoon freshly ground black pepper
Vegetable oil spray

Recipe provided by Cooks.com

1. Preheat oven to 375°F.
2. Place chicken pieces in shallow bowl or pan; cover with milk. Let soak for 15 minutes or longer in refrigerator.
3. In a shallow bowl, combine bread crumbs, cheese, parsley flakes, and pepper.
4. Dip soaked chicken pieces, one leg at a time, in breading mixture, coating on all sides.
5. Set the coated pieces on a greased baking pan, preferably non-stick. Lightly spray chicken with vegetable oil spray.
6. Place baking pan in oven for 45 minutes.

Makes approximately 6 servings

Nutrition Information for each serving of Oven Baked Chicken Legs:

Calories	248	Cholesterol	94 mg	Sugar	2.7 g	Calcium	125 mg
Calories from Fat	87	Sodium	231 mg	Protein	29.8 g	Iron	1.9 mg
Total Fat	9.7 g	Total Carbohydrate	8.8 g	Vitamin A	50 RE		
Saturated Fat	3.0 g	Dietary Fiber	0.5 g	Vitamin C	0.2 mg		

This recipe, presented to you by USDA, has not been tested or standardized.

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