

BBQ Chicken Can Feed Families On The Fly

Tips For The Safe Handling Of Chicken

(NAPSA)—A recent survey found when it comes to Americans' favorite dinner foods, chicken is at the top of the pecking order.

According to the survey, the average person in the U.S. eats more than 81 pounds of chicken per year and 89 percent of Americans eat chicken at least once a week.

The results of the survey, says John Bekkers, of the National Chicken Council (NCC), indicate that consumers plan to purchase even more chicken in the months to come.

The NCC sponsors National Chicken Month every September to promote the versatility of chicken and the health benefits associated with eating it.

In addition, the organization's Web site, www.eatchicken.com, has many different recipes families can use to spice up dinner time.

The NCC and Fleischmann's Yeast offer these tips for cooking with chicken:

- Leave skin on chicken when cooking to help keep it moist. Remove the skin before eating to lower the chicken's calorie content.
- Freeze uncooked chicken that will not be used within two days of purchasing it.
- Chicken may be safely thawed in cold water.
- Always cook chicken to well done. If using a meat thermometer, the internal temperature should reach 180° for a whole chicken, 170° for bone-in parts and 160° for boneless parts.
- After preparing chicken, it is important to always thoroughly wash your hands, countertops and any utensils used. Be sure to use hot, soapy water.



BBQ Chicken Pizza is made with barbecue sauce in place of tomato sauce. The dish can be a tangy and tasty alternative to regular pizza.

If you want an easy, healthy and delicious meal, the home economists at Fleischmann's Yeast have developed this recipe for Barbecue Chicken Pizza:

BBQ Chicken Pizza Makes 1 (12-inch) thick-crust pizza

Dough:

- 2¼ to 2½ cups all-purpose flour**
- 1 envelope Fleischmann's RapidRise Yeast**
- 1 teaspoon salt**
- ¾ cup water**
- 2 tablespoons olive oil**
- Cornmeal**

Topping:

- ½ cup barbecue sauce**
- Barbecued chicken (recipe follows)**
- 1½ cups diced ham**
- 2 tablespoons chopped green onion**
- 1 cup grated Swiss cheese**

In a large bowl, combine ¾ cup flour, undissolved yeast, and salt. Heat water and olive oil until very warm (120° to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Shape dough into a ball; roll to a 13-inch circle. Place on 12-inch pizza pan that has been brushed with olive oil and sprinkled with cornmeal. Form a standing rim by pinching the edge of the dough. Let dough rest 10 minutes; prick with fork randomly.

Par bake at 400°F for 10 minutes. Spread barbecue sauce over dough. Top with meats, onion, and cheese.

Bake at 450°F for 10 to 12 minutes or until crust is golden.

Barbecued Chicken: Season 2 boneless chicken breasts with 1 teaspoon salt and ½ teaspoon ground black pepper. Marinate in 1 cup barbecue sauce for 1 hour. Drain chicken. Discard marinade. Grill or broil chicken, turning and basting with additional sauce, about 15 minutes or until chicken is tender and no longer pink in center. Slice.

For other great recipes and tips from Fleischmann's Yeast, visit www.breadworld.com.