

# Cooking Corner

Tips To Help You

## All About The Bird

(NAPSA)—Americans consume about 81 pounds of chicken per person per year, making it the most popular food at the center of the plate. One reason the bird remains so popular is its versatility. Another is its nutritional profile, which features lots of protein, little fat and zero carbohydrates.



**Many people are turning to a popular Web site for chicken recipes and preparation tips.**

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There's even a Web site that educates consumers about the many ways chicken can be prepared, as well as its health benefits. The site, [www.eatchicken.com](http://www.eatchicken.com), offers cooking tips, recipes, nutritional information and more.

Visitors to the site can sign up for a monthly recipe newsletter. Creative cooks can also enter the National Chicken Cooking Contest, with a chance to go to the National Cookoff and win the grand prize of \$100,000.

The Web site was created by the National Chicken Council and the U.S. Poultry and Egg Association, which serve the various aspects of the chicken production, processing and marketing industry in the United States. To learn more, visit [www.eatchicken.com](http://www.eatchicken.com).