



FOOD DEMONSTRATION: BOBBY B.'S FAVORITE CHICKEN

Preparation:

1. Make arrangements for the food demonstration and advertise it.
2. Check out the room if possible. If not, find out the room size, if electricity is available, if you will have a table to demonstrate on, etc.
3. Think about a theme and decorations, posters, etc. to make area attractive.
4. Check the amount of time available for the demonstration. To decrease time of demonstration, have ingredients measured ahead of time in closed containers. Otherwise demonstrate measuring the items.
5. Review demonstration techniques in the Network Food Demonstration Guide.
6. Practice the demonstration at least two times before the actual demonstration for timing.
7. If no oven is available, demonstrate up until the dish is put in the oven.
8. Show a plate of the completed recipe so the audience can see what it looks like.
9. Bake enough chicken ahead for samples and have them dished up before the demonstration.
10. Pass out samples as well as copies of the recipe.

Materials needed:

Cookie sheet, foil, non-stick cooking spray

Oven

Medium bowl and mixing spoon for mixing breadcrumbs and spices

Medium bowl for yogurt

Two plates, one for raw chicken and one for finished product

Knife and cutting board

Measuring cups and spoons

Small disposable cups and forks, napkins and tray for tasting

Ice chest with ice or ice packs

Copies of recipe for handout

Ingredients for recipe

A plate of the finished product to show how to garnish

Sink or bowl of water and soap plus paper towels to model hand washing

Introduction:

Introduce yourself, where you are from and what you are going to do. Today we are going to make Bobby B.'s Favorite Chicken. It is low cost, high in calcium and low in fat. First I'm going to wash my hands as good hand-washing before preparing food is important for food safety.

Talking Points:

As you demonstrate the recipe, talk about the nutrient benefits in the recipe such as:

- Low fat dairy products give us all the nutrients of whole milk without the fat.
- Calcium and vitamin D in low fat dairy products are needed for strong bones and teeth.
- This recipe gives us dairy, meat, and grain from MyPyramid to keep us healthy.
- The spices added to the breadcrumbs give lots of flavor to the recipe without much salt.



While demonstrating, talk about the technique of breading, in which you dip the chicken in the yogurt first and then the seasoned breadcrumbs. This helps keep the chicken moist and crunchy when baking. Ask for questions and pass out samples along with a copy of the recipe.

Bobby B.'s Favorite Chicken

Ingredients:

- 4 boneless skinless chicken breasts
- 1 ½ cups plain non fat yogurt
- 1 cup plain bread crumbs
- ¼ teaspoon salt
- ½ teaspoon each of black pepper, garlic powder, onion powder, paprika, dried oregano, and dried parsley
- Non-stick cooking spray

Instructions:

1. Wash hands with warm water and soap.
2. Preheat oven to 400° F.
3. Cover a cookie sheet with foil and spray with non-stick cooking spray.
4. Mix breadcrumbs and all the spices in a medium bowl.
5. Coat the chicken with the plain yogurt.
6. Roll the yogurt-covered chicken breast in the seasoned breadcrumbs.
7. Place chicken on prepared cookie sheet.
8. Bake for 45 minutes.

Makes 4 servings, 1 chicken breast each.

Nutrition information per serving: calories, 295; carbohydrate, 28gm; protein, 35gm; total fat, 4.6gm; saturated fat, 1.4gm; trans fat, 0gm; cholesterol, 75mg; fiber, 1.5gm; total sugars, 6.9g; sodium, 481mg; calcium, 174mg; folate, 4.5mcg; iron, 2.7mg; percent calories from fat, 14%.

Adapted from [Nutrition in the Kitchen](#)