

## HOW TO COOK

### ...A BONELESS CHICKEN BREAST

Remove any visible fat and skin. Place chicken breasts in a shallow, non-metallic dish. Cover with oil-based (not creamy) salad dressing like Italian or Asian Sesame; allow chicken to marinate in the dressing for at least 20 minutes (even better if you have time to put it in the fridge and marinate it for a few hours or overnight).

When ready to cook, preheat oven to **350°F (180°C)**. Place chicken on a foil-lined baking sheet (this makes clean-up easier) and roast in oven for **35 - 45 minutes**. Thicker chicken pieces may take longer to cook.

To make sure the chicken is done, use a meat thermometer. Insert into the chicken and when the reading is 165°F (74°C) or higher, you know the chicken is safe to eat. If you don't have a meat thermometer, make a small cut in the chicken and cook until juices run clear (not pink or red).

For more information [www.chicken.ca](http://www.chicken.ca)

### ...A PORK TENDERLOIN

Remove any visible fat. Place pork tenderloin in a shallow, non-metallic dish. Cover with oil-based (not creamy) salad dressing like Italian, Asian Sesame or Greek. Allow pork to marinate in the dressing for at least 20 minutes (even better if you have time to put it in the fridge and marinate it for a few hours or overnight).

When ready to cook, preheat oven to **375°F (190°C)**. Place pork on a foil-lined baking sheet (this makes clean-up easier) and bake in the oven for **25 - 30 minutes**. The best way to know if the pork is done is to use a meat thermometer: insert into the meat and when the reading is 160°F (71°C), you know the pork is safe to eat. If you don't have a meat thermometer, make a small cut in the pork and cook until juices run clear (not pink or red).

For more information [www.putporkonyourfork.com](http://www.putporkonyourfork.com)

### ...A FISH FILLET

Pat dry fish fillets using a paper towel. Place peanut or canola oil (not extra virgin olive oil) in a nonstick or cast iron frying pan; heat pan on HIGH. Top fish with herbs (chives, garlic or onion powder, oregano) if desired, then place fish in pan for 2 full minutes (don't prod or move). Flip the fish over, cover with a tightly fitting lid, and remove from heat. Leave for 10 minutes. Fish is cooked when it becomes opaque and flakes easily with a fork.



#### Dietitians' Tip:

For a balanced meal, serve chicken, pork or fish with lots of fresh or frozen vegetables (green beans, carrots, squash, broccoli, etc.) and a small side of whole-grain barley, quinoa, bulgur, brown rice or whole-wheat pasta.



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