



University of Nevada  
Cooperative Extension

# Your foodLINK



Published by  
University of Nevada Cooperative Extension Fact Sheet-07-43

## Plan, Shop, Save!

### Healthy Recipe: Baked Chicken Nuggets

4 servings, about 3 ounces each  
Preparation time: 15 minutes  
Cooking time: 12 to 14 minutes (6 to 8 minutes for microwave cooking)

#### Ingredients

1½ pounds chicken thighs, boneless, skinless  
1 cup corn flakes cereal, crushed  
1 teaspoon paprika  
½ teaspoon Italian herb seasoning  
¼ teaspoon onion powder

#### Directions

Remove skin and bone; cut thighs into bite-sized pieces. Place cornflakes in plastic bag and crush by using a rolling pin (if you don't have a rolling pin, use a can). Add remaining ingredients to crushed corn flakes. Close the bag and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly.

Preheat the oven to 400°F. Lightly grease a cooking sheet. Place chicken pieces on cooking sheet so they are not touching. Bake until golden brown, about 12 to 14 minutes. Use a food thermometer to check the internal temperature of the chicken which should reach a minimum temperature of 165°F.

### Parenting Tip

*Involve your little helper. Ask your child to set the table, pour milk, or do other simple tasks. In time, children develop the skills and confidence to help even more. Preparing family meals also gives you time together, even on busy days.*

### Tips for saving money when shopping for food:

- Make a list of all the foods you need. Do this in your kitchen so you can check what you have on hand.
- Look for specials in the newspaper ads for the stores where you shop.
- Look for coupons for foods you plan to buy.
- Try store brands. They usually cost less than name brands, can taste as good and generally have the same nutritional value.
- If the store has a savings card, sign up for one. Often there are specials that are only available to card holders.
- Try to shop when you are not hungry.
- Allow enough time to grocery shop so you can read labels and make healthy choices for your family.
- Compare prices before you buy food. Look at unit prices, which are usually on the shelf below the items.

### Use the Nutrition Facts Panel

The Nutrition Facts panel on the food label is your guide to making healthy choices. Using the Nutrition Facts panel is important when shopping

because it helps you compare foods before you buy. Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high. When reading the Nutrition Facts panel, consider buying items with lower amounts of these:

- saturated fats
- trans fats
- cholesterol
- sodium
- sugar

Higher amounts of these:

- fiber
- vitamins A, C & E
- calcium
- potassium
- magnesium
- iron

### Food safety tips for shopping and storing food:

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator (store these food on lower shelves).
- Do not buy cans that have leaks, bulges or rust, or dents on the seam or rim.
- Buy only items that you know you will use.
- Put items away first that need to be refrigerated or frozen.
- Freeze meat, poultry and fish that you cannot use within 2 days.

### Nutrition Facts

Serving Size 1 cup (8 oz)  
Servings per package 1

Amount Per Serving

**Calories 86**      **Calories from Fat 0**

% Daily Value\*

**Total Fat 0g**      **0%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 4mg**      **1%**

**Sodium 126mg**      **5%**

**Total Carbohydrate 12g**      **4%**

**Dietary Fiber 0g**      **0%**

**Sugars 11g**

**Protein 8g**

**Vitamin A 10%**      **Vitamin C 3%**

**Calcium 30%**      **Iron 0%**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9      Carbohydrate 4      Protein 4

For more information on the Nutrition Fact Panel, visit [www.gethealthyclarkcounty.org/chronic\\_disease/nutrition.html](http://www.gethealthyclarkcounty.org/chronic_disease/nutrition.html).

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-992-0900 ext. 47200 or visit [www.welfare.state.nv.us](http://www.welfare.state.nv.us). All organizations contributing to this publication are equal opportunity providers and employers.



Division of Welfare and Supportive Services  
Working for the Welfare of All Nevadans

[gethealthyclarkcounty.org](http://gethealthyclarkcounty.org)  
Call Center: 800-992-0900 ext. 47200

