

East Penn School District

Recipe: 000968 CHICKEN FIESTA BOWL- PBS

Recipe Source: EAST PENN
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: CHICKEN FIESTA BOWL

Number of Portions: 8
 Size of Portion: bowls

020040 RICE,BROWN,MEDIUM-GRAIN,RAW..... 900343 WATER.....	2 CUP 4 CUP	Cook 2 cups dry rice in 4 cups water- according to bag (30-45 minutes- until water is absorbed throughout) Set aside on warm until assembly.
900309 CHICKEN, DICED FR, CKD, RH61988..... 900188 Oil salad 100% vegetable Reinhart # 15024..... 900314 FAJITA SEASON MIX, DRY, RH 21228..... 900343 WATER.....	1 LB 1 (1 TBSP serving) 1/4 OZ 1 TBSP	While rice is cooking. Dice chicken breast into 1" cubes, cooking in 1 tbsp of oil (about 8 minutes- no pink in any piece) Mix 1 Tbsp water and 1/2 tbsp fajita season mix in bowl. Add seasoning to chicken- let simmer on low until assembly, stir frequently to prevent burning.
006178 USDA COMMODITY,SALSA..... 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW..... 900295 CHEESE,MOZZARELLA,PART SKIM MILK,LO MOIST..... 016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY)...	8 OZ 1 CUP, shredded + 1/2 CUP, shredded 1/2 LB 1 CUP	While rice is cooking, and chicken is simmering; prep toppings Open can of refried beans, warm on stove (5 minutes) Clean and shred lettuce; set aside in bowl Measure out shredded cheese (mozz or cheddar flavor); set aside in bowl Measure out salsa of choice; set aside in bowl Assembly: medium size bowl 1/2 cup cooked rice in bottom of bowl Add 1-2 tbsp of refried beans (more or less depending on taste) Add 2 oz seasoned chicken on rice Top 1 tbsp each- shredded lettuce, shredded cheese, salsa 8 servings

Calories	417	Iron	2.08* Mg	Protein	30.85 G	29.59%	Calories from Prot
Cholesterol	18 Mg	Calcium	241.94 Mg	Carbohydrates	43.99 G	42.19%	Calories from Carb
Sodium	493 Mg	Vitamin A	474* IU	Total Fat	12.21 G	26.36%	Calories from T Fat
Dietary Fiber	3.84 G	Vitamin C	3.40* Mg	Saturated Fat	5.00 G	10.79%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt 3.000 oz.

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Recipe

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Grain/Bread 1.000 srv.
F/V/J cup
Milk fl. oz.

Moisture & fat Change
Moisture Change 0%
Fat Change 0%
Type of Fat:

Recipe Details:

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900309	CHICKEN, DICED FR, CKD, RH61988			
I	900188	Oil salad 100% vegetable Reinhart # 15024			
I	900314	FAJITA SEASON MIX, DRY, RH 21228			
I	006178	USDA COMMODITY,SALSA			
I	011252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES			
I	900295	CHEESE,MOZZARELLA,PART SKIM MILK,LO M			
I	900343	WATER			
I	020040	RICE,BROWN,MEDIUM-GRAIN,RAW			
I	900343	WATER			
I	016103	REFRIED BEANS,CANNED (INCL USDA COMM			