Idaho Child Nutrition

Recipe: 500058 CHICKEN FAJITAS
Recipe Source: USDA D-40
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: EACH

006186 SOUP, STOCK, VEG, ,W/O MSG..... 020027 CORNSTARCH..... 004318 OIL,VEG,TYPE B-COMMOD..... 002053 VINEGAR,DISTILLED..... 019335 SUGARS,GRANULATED..... 002030 PEPPER,BLACK..... 090017 GARLIC,GRANULATED..... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 090019 OREGANO LEAVES,DRIED..... 005064 CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,C...	2 CUP 1/4 CUP 2 CUP 2 CUP 12 OZ 1 TBSP + 1 TSP 1 TBSP + 1 TSP 2 TBSP 1 1/4 TSP 2 TSP, ground 9 LB	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool. 3. Add the oil to the cooled, thickened stock mixture. 4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator. 6. Drain the chicken. Discard any leftover marinade. 7. Prepare no more than 50 portions per batch. Preheat grill to 350° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ½). For 50 servings, use 1 pan. For 100 servings, use 2 pans
011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL..... 011282 ONIONS,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 090098 TOMATOES,CND,DICED,DRND..... 006164 SAUCE,RTS,SALSA.....	1/2 #10 Can,drained 12 OZ, chopped 8 OZ, chopped 1/4 #10 Can w/juice 1 LB	8. Combine corn, diced onions, diced green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken. **CCP: Heat to 165° F or higher for at least 15 seconds**. 9. **CCP: Hold for hot service at 135° F or higher**.
018364 TORTILLAS,RTB OR -FRY,FLR.....	50 tortilla (7-8" dia)	For each serving, place No. 8 scoop (½ cup) of filling on each tortilla. If desired, fold or roll tortilla over filling.
		Food as Purchased **50 Servings** **100 Servings** Mature onions 14 oz 1 lb 12 oz Green peppers 11 oz 1 lb 6 oz

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Special Tips

1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.
2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.
3) This makes an attractive lunch plate when served with Refried Beans (I-15).

Serving

1 fajita provides 2 oz equivalent meat/meat alternate,
? cup of vegetable, and 1 serving of grains/breads.

Calories	241		Iron	2.10	mg	Protein	21.99	g	36.50% Calories from Prot
Cholesterol	51	mg	Calcium	54.00	mg	Carbohydrates	23.37	g	38.79% Calories from Carb
Sodium	284	mg	Vitamin A	240	IU	Total Fat	6.28	g	23.45% Calories from T Fat
Dietary Fiber	1.80	g	Vitamin C	6.70	mg	Saturated Fat	1.40	g	5.22% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050240	Chicken Fajitas			
I	006186	SOUP, STOCK, VEG, ,W/O MSG			
I	020027	CORNSTARCH			
I	004318	OIL,VEG,TYPE B-COMMOD			
I	002053	VINEGAR,DISTILLED			
I	019335	SUGARS,GRANULATED			
I	002030	PEPPER,BLACK			
I	090017	GARLIC,GRANULATED			
I	002009	CHILI POWDER			

I	090016	CUMIN,GROUND			
I	090019	OREGANO LEAVES,DRIED			
I	005064	CHICKEN,BROILERS OR FRYERS,BREAST,ME			
I	011172	CORN,SWT,YEL,CND,WHL KERNEL,DRND SO			
I	011282	ONIONS,RAW			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	090098	TOMATOES,CND,DICED,DRND			
I	006164	SAUCE,RTS,SALSA			
I	018364	TORTILLAS,RTB OR -FRY,FLR			