2ND PLACE WINNER
Dark Green and Orange Vegetables

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Stir-Fry Fajita Chicken, Squash, and Corn

MONUMENT VALLEY HIGH SCHOOL
Kayenta, Arizona

Our Story

Located in the northeastern corner of Arizona on the Navajo Indian Reservation, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the mildly sweet flavor of butternut squash and the individual flavors of onions, corn, red peppers, and diced chilies brought together with a blend of black pepper, cumin, garlic powder, and diced tomatoes. The Stir-Fry Fajita Chicken, Squash, and Corn dish uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Cathy Getz

CHEF
Paul Gray (Head Cook, Anasazi Inn)

COMMUNITY MEMBERS
Samantha J. Interpreter, RD, LT USPHS RDF-5 and Mike Williams

STUDENTS
Kevin B. and Brett B.

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-60r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	2. Place 3 lb brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Granulated garlic		1 tsp		2 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.
Salt-free chili-lime seasoning blend		2 Tbsp 1 tsp		¼ cup 2 tsp	
Fresh cilantro, chopped		¼ cup		½ cup	
Canola oil		½ cup		1 cup	7. Heat oil. Sauté onions for 2-3 minutes. For 25 servings, use a large stock pot. For 50 servings, use a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Frozen, cooked fajita chicken strips, thawed	4 lb	1 gal	8 lb	2 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
*Fresh butternut squash, peeled, cubed ½″	4 lb	3 qt 1 cup	8 lb	1 gal 2 ½ qt	
*Fresh red bell peppers, diced ½″	1 lb	3 cups	2 lb	1 qt 2 cups	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.
Frozen corn, thawed, drained	2 lb	1 qt 1 ½ cups	4 lb	2 qt 3 cups	
Canned, diced green chilies	1 lb	2 cups (½ No. 10 can)	2 lb	1 qt (1 No. 10 can)	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium diced tomatoes	1 lb 2 oz	2 ¼ cups (¼ No. 10 can)	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Ground cumin		1 Tbsp		2 Tbsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ⅜ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 12 lb 12 oz stir-fry about 6 lb brown rice	25 Servings: about 1 gallon 2 quarts stir-fry about 3 quarts brown rice
	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Butternut squash	4 lb 13 oz	9 lb 10 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz

Nutrients Per Serving

Calories	396.34	Saturated Fat	1.69 g	Iron	2.37 mg
Protein	19.52 g	Cholesterol	62.31 mg	Calcium	57.97 mg
Carbohydrate	58.87 g	Vitamin A	7346.86 IU (359.04 RAE)	Sodium	574.40 mg
Total Fat	10.01 g	Vitamin C	44.16 mg	Dietary Fiber	7.06 g