



Kent County Recipes

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Chicken Quesadilla

Portion Size: 6 oz

Developed by: Kent County Public Schools

| Ingredients | 50 servings | | 100 servings | | Preparation Instructions |
|--|-------------|------------|--------------|------------|---|
| | By Weight | By Measure | By Weight | By Measure | |
| Olive oil blend | | 1 ½ c | | 3 c | <ol style="list-style-type: none"> 1. Combine olive oil, fajita seasoning, salt-free 17, and chili powder to make a marinade. 2. Combine onions, peppers, chicken and marinade. 3. Bake chicken mixture on sheet pans at 375 degrees F for 20-25 minutes or until a temperature of 165 degrees F is reached. Stir occasionally. Transfer to a steam table pan and hot hold at 135 degrees F until ready to serve. 4. In 50 5 ½ oz cups, place ¼ c of shredded cheese. 5. In 50 5 ½ oz cups, place ¼ c of diced tomatoes. 6. Place in refrigerator until ready to use. 7. Serve 6 oz chicken mixture in a warm tortilla shell. 8. Serve with 1 oz sour cream, cheese and tomatoes on the side. |
| Fajita seasoning | | 4 tbsp | | 8 tbsp | |
| Salt-Free 17 | | 4 tbsp | | 8 tbsp | |
| Chili Powder | | 2 tbsp | | 4 tbsp | |
| Fresh onion strips | 2 lb | | 4 lb | | |
| Fresh red pepper strips | 1 ½ lb | | 3 lb | | |
| Pre-Cooked Chicken Fajita Strips | 10 lb | | 20 lb | | |
| Low fat Cheddar Cheese, Shredded | 3 lb | | 6 lb | | |
| Tomatoes, chopped | 2 lb | | 4 lb | | |
| 12" Whole wheat flour tortillas, warmed (2 oz) | | 50 | | 100 | |
| Sour Cream | 3 lb 2 oz | | 6 lb 4 oz | | |

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

| Calories | Protein | Carbohydrate | Fat | Saturated Fat | Vitamin A | Vitamin C | Sodium | |
|----------|---------|--------------|---------|---------------|------------|-----------|-----------|--|
| 703 | 32.84 g | 88.14 g | 23.87 g | 7.0 g | 1061.83 IU | 25.43 mg | 993.72 mg | MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 2 (SERVING) |

Chicken Stir Fry

Portion Size: ¾ c

Developed by: Kent County Public Schools

| Ingredients | 50 servings | | 100 servings | | Preparation Instructions |
|---------------------------------------|-------------|------------|--------------|------------|--|
| | By Weight | By Measure | By Weight | By Measure | |
| Water | | ½ c | | 1 c | <ol style="list-style-type: none"> Mix water and soy sauce together. Add ginger, Hoisin sauce, garlic, and pepper. Heat chicken stock to a boil and slowly stir in first mixture. Return to a simmer. Cook for 3-5 minutes until thickened. Remove from heat. Place in the warmer to keep at 135 degrees F. Sauté chopped carrots in oil for 4 minutes. Add chopped onions and cook for 1 minute. Add chopped broccoli and cook for 2 more minutes. Remove to two steam table pan (12 "x 20" x 2 ½"). Keep warm. Spray a pan with butter mist. Sauté chicken 3-5 minutes. Add chicken to vegetables in steam table pans. Add sauce from the warmer and mix to coat chicken and vegetables. |
| Low Salt Soy Sauce | | ¼ c | | ½ c | |
| Fresh Ginger Root grated | | ½ tsp | | 1 tsp | |
| Hoisin Sauce | 1 qt | | 2 qt | | |
| Granulated Garlic | | 3 tbsp | | 6 tbsp | |
| Black Pepper | | 2 tsp | | 4 tsp | |
| Chicken Broth | 2 qt | | 4 qt | | |
| Carrots, raw, chopped | 5 lb 10 oz | | 11 lb 4 oz | | |
| Vegetable Oil | | ½ c | | 1 c | |
| Raw Onions, raw, chopped | 1 lb 6 oz | | 2 lb 12 oz | | |
| Broccoli, raw, chopped | 4 lb 1 oz | | 8 lb 2 oz | | |
| Diced cooked Chicken | 8 lb 15 oz | | 17 lb 14 oz | | |
| Butter mist, food spray and pan spray | | 2 tsp | | 4 tsp | |

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

| Calories | Protein | Carbohydrate | Fat | Saturated Fat | Vitamin A | Vitamin C | Sodium | |
|----------|---------|--------------|--------|---------------|------------|-----------|-----------|--|
| 284 | 25.91 g | 21.99 g | 8.88 g | 2.12 g | 8853.04 IU | 36.92 mg | 703.54 mg | MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¾ (C) GRAIN/ BREAD (SERVING) |

Chilled Italian Pasta Salad

Portion Size: ¾ c

Developed by: Kent County Public Schools

| Ingredients | 50 servings | | 100 servings | | Preparation Instructions |
|--|-------------|------------|--------------|------------|---|
| | By Weight | By Measure | By Weight | By Measure | |
| Water | 5 gal | | 10 gal | | <ol style="list-style-type: none"> Heat water to a rolling boil. Slowly add spiral macaroni or bow ties to the water while stirring constantly until water boils again. Cook for 8-10 minutes. DO NOT OVERCOOK. Drain well. Rinse under cold water. Combine broccoli, tomatoes, pepper and olives together. Add to the pasta. Combine the olive oil, vinegar, italian herbs, salt, pepper, onion powder, and garlic powder to make the dressing. Pour dressing over pasta and vegetables. Toss lightly to combine and coat evenly. Divide in to two shallow pans (12" x 20" x 2 ½") for total of 50 servings. Cover. Refrigerate until ready to serve. Mix lightly before serving and add cheese. |
| Spiral macaroni or bow ties (whole grain or multi-colored) | 6 lb | | 12 lb | | |
| Broccoli, raw, chopped | | 8 c | | 16 c | |
| Tomatoes (Cherry Preferred)* | 2 lb | | 5 lb | | |
| Black or green olives | | 2 c | | 4 c | |
| Olive Oil | | 1 ½ c | | 3 c | |
| Vinegar | | 1 c | | 2 c | |
| Italian Herbs | | 3 tbsp | | 6 tbsp | |
| Salt | | ½ tbsp | | 1 tbsp | |
| Pepper | | ½ tbsp | | 1 tbsp | |
| Onion Powder | | ½ tbsp | | 1 tbsp | |
| Garlic Powder | | ½ tbsp | | 1 tbsp | |
| Feta Cheese, crumbled | | 3 c | | 6 c | |

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

| Calories | Protein | Carbohydrate | Fat | Saturated Fat | Vitamin A | Vitamin C | Sodium | |
|----------|---------|--------------|---------|---------------|-----------|-----------|-----------|--|
| 446 | 13.11 g | 43.33 g | 14.80 g | 6.05 g | 313.53 IU | 15.58 mg | 535.89 mg | MEAT /MEAT ALTERNATE (OZ) VEGETABLE/FRUIT ½ (C) GRAIN/ BREAD 1 (SERVING) |

Creamy Penne Pasta with Grilled Chicken and Vegetables

Portion Size: 8 oz

Developed by: Kent County Public Schools

| Ingredients | 50 servings | | 100 servings | | Preparation Instructions |
|-------------------------------------|-------------|------------|--------------|------------|---|
| | By Weight | By Measure | By Weight | By Measure | |
| Milk, fat free | 1 gal | | 2 gal | | <ol style="list-style-type: none"> Heat milk and chicken broth together. In a separate pan, cook together flour & butter to make a roux. Whisk roux into hot milk and broth to make a smooth sauce. Cook pasta and set aside. Bake fajita strips in oven at 375 degrees F for 8 minutes. Add parmesan cheese, green pepper strips, sundried tomatoes, garlic, onion powder, and salt-free 17 over the chicken strips. Put hot chicken strips over hot pasta and pour sauce over. |
| Chicken Broth, low sodium | 1 gal | | 2 gal | | |
| Flour, all-purposed, white bleached | 1 lb | | 2 lb | | |
| Margarine, regular, hard, soybean | 1 lb | | 2 lb | | |
| Water | 3 gal | | 6 gal | | |
| Penne Pasta | 3 ½ lb | | 7 lb | | |
| Grilled Fajita Chicken Strips | 6 lb | | 12 lb | | |
| Parmesan Cheese, grated | | 3 ½ c | | 7 c | |
| Green Pepper Strips, raw, sliced | | 1 ½ c | | 3 c | |
| Sun Dried tomatoes, finely chopped | | 1 ½ c | | 3 c | |
| Garlic, minced | | 10 cloves | | 20 cloves | |
| Onion Powder | | 2 tbsp | | 4 tbsp | |
| Salt-Free 17 | | 4 tbsp | | 8 tbsp | |

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

| Calories | Protein | Carbohydrate | Fat | Saturated Fat | Vitamin A | Vitamin C | Sodium | |
|----------|---------|--------------|---------|---------------|-----------|-----------|-----------|--|
| 366 | 25.26 g | 33.55 g | 18.21 g | 3.71 g | 594 IU | 3.99 mg | 344.17 mg | MEAT /MEAT ALTERNATE 1 (OZ) VEGETABLE/FRUIT (C) GRAIN/ BREAD 1 (SERVING) |

Mandarin Sesame Chicken Salad

Portion Size: 6 oz

Developed by: Kent County Public Schools

| Ingredients | 50 servings | | 100 servings | | Preparation Instructions |
|---|-------------|--------------|--------------|------------|---|
| | By Weight | By Measure | By Weight | By Measure | |
| Cole Slaw Mix (green/red cabbage and carrots) | 5 lb | | 10 lb | | <ol style="list-style-type: none"> In a large mixing bowl put coleslaw mix, green onions, and mandarin oranges. Bake fajita strips at 375 degrees F for 6 minutes until hot. Let chicken cool. Mix together the soy sauce, canola oil, sesame oil, rice wine vinegar, garlic powder, ginger powder and sweet and sour sauce to make the dressing. Add the chicken and dressing to the coleslaw mixture. Garnish with toasted almonds (optional). |
| Green onions, thinly sliced | | 3 c | | 6 c | |
| Mandarin Oranges, drained | | 1 ½ #10 cans | | 3 #10 cans | |
| Chicken Fajita Strips | 11 ¼ lb | | 23 lb | | |
| Soy sauce, low sodium | | ½ c | | 1 c | |
| Canola oil | | 1 c | | 2 c | |
| Sesame oil | | 2 tbsp | | 4 tbsp | |
| Rice Wine vinegar | | ¼ c | | ½ c | |
| Garlic Powder | | 1 tbsp | | 2 tbsp | |
| Ginger Powder | | 1 tbsp | | 2 tbsp | |
| Sweet and Sour Sauce | | ½ c | | 1 c | |
| (optional) Almonds, toasted | | 1 ½ c | | 3 c | |

Nutritional Analysis (does not include condiments):

| Calories | Protein | Carbohydrate | Fat | Saturated Fat | Vitamin A | Vitamin C | Sodium |
|----------|---------|--------------|--------|---------------|-----------|-----------|--------|
| 246 | 16.85 g | 23.50 g | 9.53 g | 1.43 g | 483 IU | 25.69 mg | 308 mg |

Contribution to meal pattern:

| | |
|----------------------|-----------|
| MEAT /MEAT ALTERNATE | 2 (OZ) |
| VEGETABLE/FRUIT | ½ (C) |
| GRAIN/ BREAD | (SERVING) |

Sweet and Sour Chicken

Portion Size: ¾ c

Portion Utensil: 6 oz ladle

Developed by: Kent County Public Schools

| Ingredients | 50 servings | | 100 servings | | Preparation Instructions |
|-----------------------------------|-------------|----------------|--------------|----------------|---|
| | By Weight | By Measure | By Weight | By Measure | |
| Chicken, diced, cooked, | 10 lb 14 oz | | 21 ½ lb | | <ol style="list-style-type: none"> 1. Brown chicken in oil. Drain. 2. Drain pineapple, reserving juice. For 50 servings, reserve 1 qt 1 c juice. (If necessary, add water to juice to make the specific measure.) Set pineapple aside for step 5. 3. Add stock, vinegar, brown sugar, soy sauce, sweet and sour sauce, and reserved pineapple juice to chicken. Bring to boil. Reduce heat. Cover. Simmer over medium heat for 10 minutes. 4. Add carrots, green peppers, and celery. Cover. Simmer over medium heat for 15 minutes. 5. Combine cornstarch with water. Add reserved pineapple chunks and Stir well. Cook over medium heat until thickened, 6-8 minutes. 6. Combine cornstarch mixture with chicken mixture and pour into medium half-steam table pans (10"x 12"x 4"). |
| Vegetable Oil | | 1 c | | 2 c | |
| Canned pineapple chunks in juice | 3 lb 5oz | 1 qt 1 c | 6 lb 10 oz | 2 qt 2 c | |
| Chicken stock, non-MSG | | 3 qt | | 6 qt | |
| White vinegar | | 2 c | | 4 c | |
| Brown sugar, packed | | 1 ¾ c + 2 tbsp | | 3 ½ c + 4 tbsp | |
| Low sodium soy sauce | | 1 c | | 2 c | |
| Sweet and sour sauce | | 2 c | | 4 c | |
| Fresh carrots peeled and sliced | | 3 ¾ c | | 7 ½ c | |
| Fresh green pepper strips, sliced | 12 oz | 2 ½ c | 1 lb 8 oz | 5 c | |
| Fresh celery, sliced | 12 oz | 2 ½ c | 1 lb 8 oz | 5 c | |
| Cornstarch | 9 oz | | 1 lb 2 oz | | |
| Water, cold | | 3 c | | 6 c | |

Nutritional Analysis (does not include condiments):

Contribution to meal pattern:

| Calories | Protein | Carbohydrate | Fat | Saturated Fat | Vitamin A | Vitamin C | Sodium | |
|----------|---------|--------------|--------|---------------|------------|-----------|-----------|--|
| 278 | 30.23 g | 17.58 g | 9.06 g | 2.34 g | 1663.02 IU | 9.83 mg | 313.81 mg | MEAT /MEAT ALTERNATE 2 (OZ) VEGETABLE/FRUIT ¼ (C) GRAIN/ BREAD (SERVING) |

