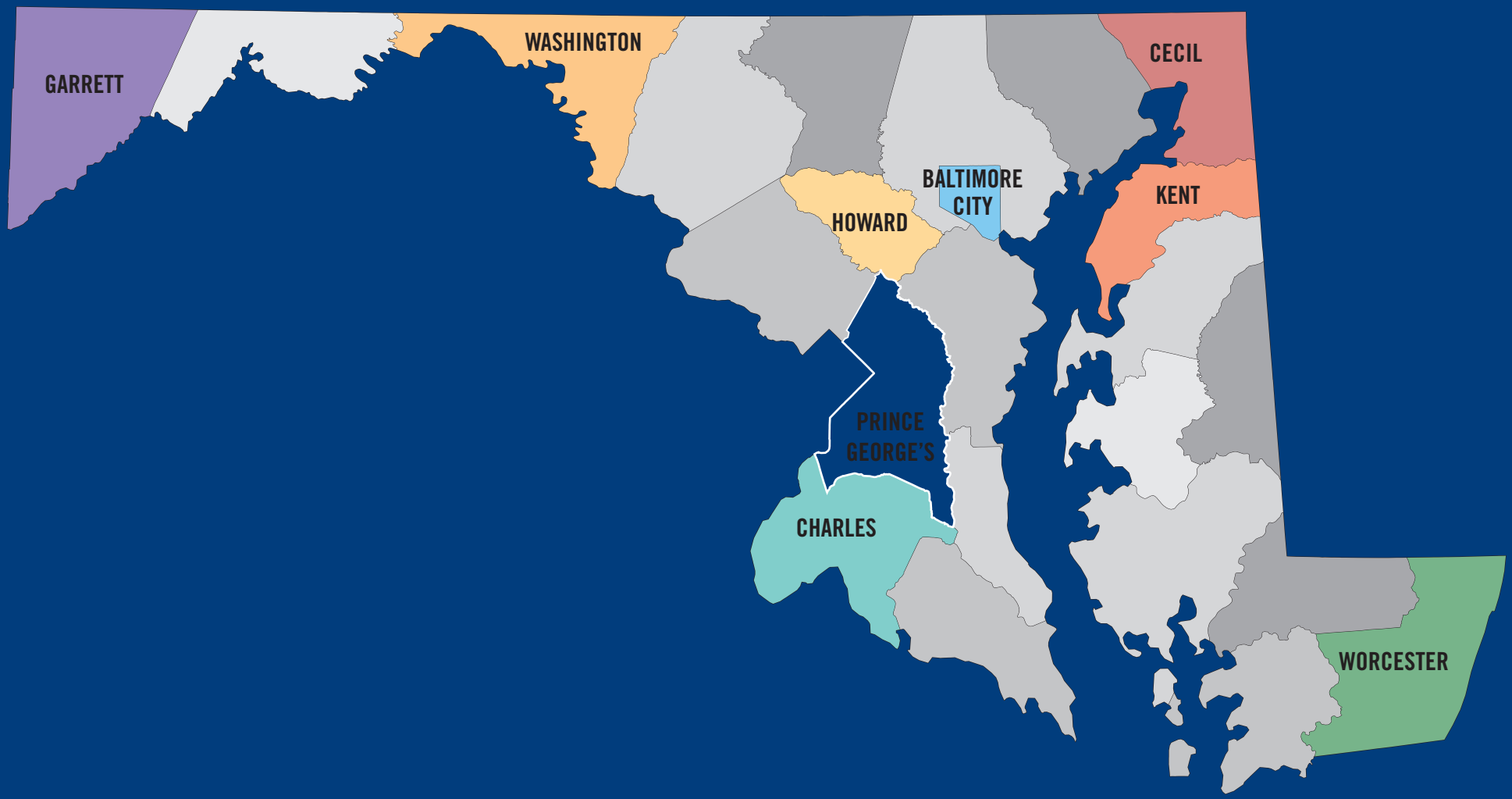

Prince George's County Recipes

Contact:
(301) 952-6580

Buffalo Chicken Wrap

Portion Size: one each

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken Breast	19 lb		38 lb		1. Toss chicken with hot sauce. CCP: Heat to 165 degrees F or higher for at least 15 seconds 2. Roast fajita chicken at 350 degrees F until it reaches an internal temperature of 165 degrees F, about 8 - 10 minutes. 3. Place 3 oz of fajita chicken on each tortilla. 4. Top with ½ c of shredded lettuce, 2 tablespoons of chopped tomato, and 1 oz of shredded American cheese. 5. Mix hot sauce with ranch dressing, put in squirt bottle. Squirt or ladle 1 oz of dressing on each. 6. Serve immediately with ¼ c of baby carrots on the side.
Hot sauce		1 ½ qt		¾ gal	
Tortillas, whole wheat flour (1 ½ oz)		100		200	
Lettuce, iceberg, fresh, shredded	8 lb	3 gal	16 lb	6 gal	
Tomatoes, chopped		¾ gal		1 ½ gal	
Cheese, American, reduced fat, shredded	6 ¼ lb		12 ½ lb		
Dressing, buttermilk ranch	100 oz		200 oz		
Carrots, raw, baby		100 ¼ c		200 ¼ c	

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
239	22.88 g	19.05 g	8.1 g	2.3 g	888 IU	5.86 mg	987 mg

Contribution to meal pattern:

MEAT /MEAT ALTERNATE 2 (OZ)
VEGETABLE/FRUIT ¾ (C)
GRAIN/ BREAD 2 (SERVING)

Cajun Jambalaya

Portion Size: one each

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings	
	By Weight	By Measure	By Weight	By Measure
Chicken breast diced	12 ½ lb		25 lb	
Creole seasoning	2 oz		4 oz	
Oil, vegetable		1 ½ c		3 c
Onions, fresh	2 lb		4 lb	
Peppers, sweet, red, raw	2 lb		4 lb	
Celery, fresh, raw	2 lb	3 c	4 lb	6 c
Garlic, minced		5 piece		10 piece
Tomatoes, chopped	5 lb		10 lb	
Bay leaves		2 each		4 each
Worcestershire sauce		½ c		1 c
Hot sauce		½ c		1 c
Rice, long grain, white, parboiled, enriched	8 lb		16 lb	
Chicken stock		4 ¼ gal		8 ½ gal
Sausage, smoked	3 lb		6 lb	
Salt/pepper (to taste)				

Preparation Instructions

1. In a large container, combine chicken and Creole seasoning. Mix well. Set aside.
2. Dice, onions, celery, slice pepper, mince garlic.
3. In a large saucepan, heat oil with onion, pepper, and celery, and cook for 3 minutes.
4. After 3 minutes, add garlic, tomatoes, bay leaves, Worcestershire sauce, and hot sauce. Mix well.
5. Stir in rice, and slowly add chicken stock.
6. Reduce heat and cook until rice absorbs the liquid and becomes tender, approximately 15 minutes. Stir occasionally.
7. When rice is tender, add chicken and sausage and cook until 165 degrees F or higher. Approximately 10 minutes.
8. Season to taste with salt and pepper, and additional Creole seasoning if necessary.

CCP: Hold at 135 degrees F or higher.

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
314	17.66 g	32.63 g	12.29 g	2.85 g	537.16 IU	16.31 mg	998 mg

Contribution to meal pattern:

MEAT /MEAT ALTERNATE 2 (OZ)
VEGETABLE/FRUIT ½ (C)
GRAIN/ BREAD 1 (SERVING)

Chicken Stir Fry

Portion Size: 1 c

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Chicken breast	14 lb		28 lb		CCP: Heat to 165 degrees F or higher for at least 15 seconds. 1. Heat chicken in oven at 350 degrees F to internal temperature of 165 degrees F. CCP: Hold at 135 degrees F or higher. 2. Combine cornstarch and cold water and stir until cornstarch is dissolved. 3. Combine soy sauce, ginger, garlic powder and chicken stock and heat until boiling. 4. After it comes to a boil, remove from heat and add cornstarch slurry. Mix until thickened. 5. Combine chicken, sauce mixture and vegetables. Serve over ½ c of steamed rice. CCP: Hold at 135 degrees F or higher. CCP: Hold for hot service at 135 degrees F or higher.
Cornstarch		3 oz		¾ c	
Water, cold		1 c		2 c	
Soy sauce		2 c		4 c	
Ginger, ground		¼ c		½ c	
Garlic powder		1/8 c		¼ c	
Chicken stock		1 gal		2 gal	
Asian blend mix vegetables	9 lb	4 ¾ gal	18 lb	9 ½ gal	
Rice, long grain, parboiled, enriched, cooked		100 ½ c		200 ½ c	

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
198	17 g	27.04 g	2.2 g	0.81 g	247.7 IU	12.92 mg	1032.37 mg

Contribution to meal pattern:

MEAT /MEAT ALTERNATE 2 (OZ)
VEGETABLE/FRUIT ¼ (C)
GRAIN/ BREAD 1 (SERVING)

Ginger Rice

Portion Size: ½ c

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Vegetable oil		1 c		2 c	1. Sauté vegetables, gingers and cinnamon in oil until vegetables begin to soften, approximately 10 - 15 minutes. 2. Add ¼ of the vegetable mixture evenly to each of 12 x 20 x 4 hotel pans. 3. Add 3 lbs or ¼ of uncooked rice to each pan. 4. Add ¼ of the salt and pepper evenly to each pan. 5. Add 1 gal of chicken stock to each hotel pan. 6. Stir to combine all ingredients and cover each pan tightly with aluminum foil. 7. Bake in oven at 350 degrees F for approximately 45 minutes or steam in steamer uncovered for approximately 30 minutes. 8. Stir before serving. CCP: Hold at 135 degrees F or higher. CCP: Hold for hot service at 135 degrees F or higher.
Ginger, ground	1/8 lb		¼ lb		
Carrots, fresh, raw	1 lb		2 lb		
Cinnamon, ground		2 tsp		4 tsp	
Salt, table		2 tsp		4 tsp	
Pepper, black, ground		½ tsp		1 tsp	
Rice, long grain, white, parboiled, enriched	7 ½ lb		15 lb		
Chicken stock		2 ½ gal		5 gal	

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
146	2.57 g	23.1 g	4.49 g	0.84 g	845.43 IU	0.31 mg	516.65 mg

Contribution to meal pattern:

MEAT /MEAT ALTERNATE		(OZ)
VEGETABLE/FRUIT		(C)
GRAIN/ BREAD	1	(SERVING)

Knight's Grilled Chicken

Portion Size: one each

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Vegetable oil		¼ qt		½ qt	1. Mix oil, lemon juice, curry powder, garlic, pepper, and cumin in a bowl. 2. Add marinade mixture to chicken breasts, making sure all are covered. 3. Refrigerate for several hours or overnight. CCP: Cool to 41 degrees F or lower within 4 hours. 4. Before cooking drain and discard the marinade. 5. Grill or roast chicken until 165 degrees F. CCP: Hold at 135 degrees F or higher.
Lemon juice		5 ¼ c		10 ½ c	
Curry powder	¾ lb		1 ½ lb		
Garlic, minced	6 oz		12 oz		
Pepper, cayenne, ground		1 tsp		2 tsp	
Cumin, ground		1 tbsp		2 tbsp	
Chicken breast b/s 3 oz		100 (3 oz)		200 (3 oz)	

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
127	18.79 g	2.64 g	5.27 g	1.3 g	16.48 IU	4.72 mg	300 mg

Contribution to meal pattern:

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

Knight's Potatoes

Portion Size: ½ c

Developed by: Prince George's County Public Schools

Ingredients	100 servings		200 servings		Preparation Instructions
	By Weight	By Measure	By Weight	By Measure	
Potatoes, sweet, canned, whole or cut, light		3 # 10 can		6 # 10 can	1. Drain sweet potatoes and arrange in shallow hotel pans. 2. Combine sugar, water, margarine and salt in a saucepan and heat until boiling. 3. Pour mixture over potatoes. 4. Bake at 400 degrees F for 20 - 30 minutes. CCP: Hold at 135 degrees F or higher.
Sugar, granulated	2 lb		4 lb		
Water		¼ gal		½ gal	
Margarine	1 lb		2 lb		
Salt, table		1 tsp		2 tsp	

Nutritional Analysis (does not include condiments):

Calories	Protein	Carbohydrate	Fat	Saturated Fat	Vitamin A	Vitamin C	Sodium
176	1.29 g	34.45 g	3.98 g	0.76 g	9327.97 IU	10.82 mg	62.81 mg

Contribution to meal pattern:

MEAT /MEAT ALTERNATE		(OZ)
VEGETABLE/FRUIT	¼	(C)
GRAIN/ BREAD		(SERVING)