

Thai Chicken & Basil Barley



Student Feedback

"I like the way all the different foods are mixed together."
 — 3rd Grade Student



"I like that this meal is so healthy."
 — 4th Grade Student



"This is a really filling meal."
 — 5th Grade Student



"This meal was out of this world!"
 — 6th Grade Student



"I like how the barley is chewy. It's better than rice."
 — 8th Grade Student



"I like this. It is a different type of Asian dish than the normal teriyaki flavor."
 — High School Student

CHEF RECOMMENDS



Thai Chicken & Basil Barley

Asian Fresh Vegetables

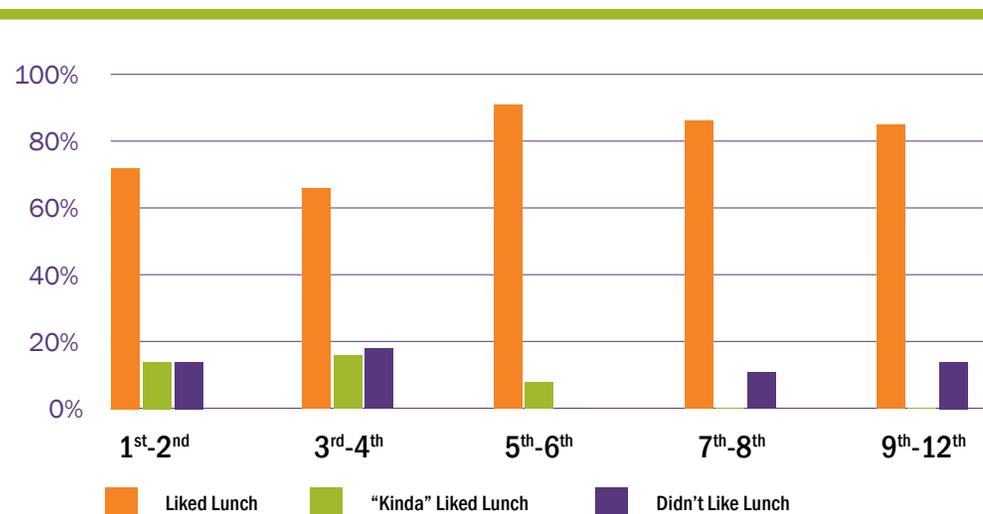
Sliced Pears 🍏

Low-Fat Milk

Estimated Food Cost

78¢

STUDENT VOTES BY GRADE LEVEL



	K-8 Serving Size	9-12 Serving Size
Thai Chicken and Basil Barley	2 oz. chicken 1 cup barley 2 tbsp. sauce	3 oz. chicken 1.25 cup barley 2.5 tbsp. sauce
Asian Fresh Vegetables	1 cup	1 cup
Sliced Pears	½ cup	1 cup
Milk	1 cup	1 cup
Meal Contribution	2 M/MA 2 Grains .5 cup Fruit 1 cup Vegetable	3 M/MA 2.5 Grains 1 cup Fruit 1 cup Vegetable

THAI CHICKEN & BASIL BARLEY

Number of Portions: 100

Portion Size: See Instructions

INGREDIENTS:

		K-8 Quantities:	9-12 Quantities:
Pearled Barley, (cooked amount)		6 ¼ gallons	8 gallons
Dried Basil		½ cup	¾ cup
Chicken, diced, fully cooked 		12 ½ lbs.	18 ¾ lbs.
Thai Style Chili Sauce		¾ gallon	1 gallon



DIRECTIONS:

PREPARE BARLEY:

Preheat oven to 400° F. Rinse the barley before cooking. Mix the barley, basil, and the amount of water the manufacturer's instructions call for in a deep steam table pan(s). Cover tightly with foil. Cook for 1 hour or until barley is tender. Caution: Stand away from the cooked barley when removing the foil to prevent burns from the steam.

NOTE: Barley quantity in recipe is for amount of cooked barley needed. Use your barley package label to determine the correct amount of raw barley to prepare.

PREPARE CHICKEN:

Follow manufacturer's instructions to heat chicken.

PREPARE SAUCE:

Heat Thai chili sauce according to package directions.

ASSEMBLE DISH:

Grades K-8: Place 1 cup basil-barley on the tray and top with 2 oz. chicken and approximately 2 tbsp. Thai chili sauce.

Grades 9-12: Place 1 ¼ cup basil-barley on the tray and top with 3 oz. chicken and approximately 2 ½ tbsp. Thai chili sauce.

ADDITIONAL SERVING OPTION:

Using a Chinese to-go box or other container, place basil-barley in container and layer with vegetables, chicken, and Thai chili sauce.

RECIPE CONTRIBUTIONS

	GRADES K-8	GRADES 9-12
Grains Total Contribution	2 oz. eq.	2.5 oz. eq.
Grains Total	2	2.56
Barley	2	2.56
Meats/MA Contribution	2 oz. eq.	3 oz. eq.
Meats/MA Total	2	3
Chicken	2	3



CALORIES

GRADES K-8

366

GRADES 9-12

492

SATURATED FAT

GRADES K-8

1.77g

GRADES 9-12

2.46g

SODIUM

GRADES K-8

309mg

GRADES 9-12

416mg

DIRECTIONS:

PREPARE INGREDIENTS:

Thaw carrots and peas. Slice bok choy into medium strips.

PREPARATION OPTION #1:

Toss all vegetables together and steam for 5 minutes. Remove when carrots are hot and other vegetables are “al dente” (tender, but still a little firm).

PREPARATION OPTION #2:

Bring water in kettle or tilt skillet to a boil. Put all vegetables into boiling water for 5 minutes. Remove when carrots are hot and other vegetables are “al dente” (tender, but still a little firm).

RECIPE CONTRIBUTIONS

GRADES
K-12

Vegetables Contribution	1 cup
Vegetables Total	1.01
Bok Choy	.252
Peas	.125
Broccoli	.25
Carrots	.25
Green Peppers	.129



CALORIES

GRADES K-12

49

SATURATED FAT

GRADES K-12

.09g

SODIUM

GRADES K-12

72mg

ASIAN FRESH VEGETABLES

Number of Portions: 100

Portion Size: Grade K-12: 1 cup

INGREDIENTS:

K-12
Quantities:

Carrots, sliced, frozen 🚚		10 ½ lbs.
Peas, frozen 🚚		5 ¼ lbs.
Bok Choy, whole, fresh		7 lbs.
Broccoli, florets, fresh		3 ½ lbs.
Green Peppers, whole, fresh		3 ½ lbs.



Chef Brenda's Tips

-  For tender barley, do not add salt when cooking, even if the cooking directions call for salt. Salt pulls water out of the grain.
-  Using frozen and canned vegetables with fresh vegetables is a great way to cut costs and utilize USDA Foods. When preparing vegetables, it is important that they do not get overcooked. Overcooking vegetables decreases the quality of texture and flavor. Fresh and canned vegetables are usually cooked within 1-5 minutes. It is best to start cooking the frozen vegetables first and then add in the fresh and canned vegetables.
-  Some great pre-made, low-sodium sauces are available on the market. Schools can use any sauce their students like best.
-  Cook the vegetables right before serving. For best quality, keep steam tables on low temperature and do not let vegetables sit in warmers for a long period of time.