

Kentucky Dept. of Education

001415 - Sweet Chili Chicken w/Rice

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 50
 Size of Portion: Servings

Meat/Alt: 2 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Harlan County Black Bear

075013 Chicken Breast..... 10 lb. 904017 Coconut milk, light unsweetened..... 5 CUP 009159 LIMES,RAW..... 5 fruit (2" dia) 019296 HONEY..... 15 TBSP 903977 BUTTER BULK - LIGHTLY SALTED.... 5 TBSP 011953 Zucchini..... 5 medium 011641 Squash, Yellow..... 5 small 903892 PEPPERS RED SWEET..... 5 Medium 011333 PEPPERS,SWEET,GREEN,RAW..... 5 medium (2-3/4" x 2-1/2") 799938 CARROTS,RAW..... 5 large (7-1/4" to 8-1/2") 901062 ONIONS,RED,RAW..... 5 Medium chopped	Sweet Chili Chicken: Marinade - Juice limes and set aside. Combine coconut milk, 6 cups sweet chili sauce (from separate recipe) and lime juice in bowl and mix until well combined. Gather and wash all vegetables. Dice zucchini and place in bowl. Dice yellow squash and add to bowl. Seed and dice each pepper and add to bowl. Julienne carrots and add to bowl. Dice red onion and add to bowl. Pre heat skillet, when hot add butter and spread to coat pan. Add cut vegetables to heated skillet and cook for 5 minutes, place back in bowl and set aside. Cut chicken breasts into 1/2 inch pieces, place in large ziploc bags. Add marinade to chicken and marinate for 10 minutes in the refrigerator. Preheat skillet on medium high heat, add chicken with marinade and cook 8-10 minutes, until chicken reaches internal temperature of 165 degrees. Add cooked vegetables and cook an additional 2-3 minutes.
050452 RICE, LONG GRAIN, BROWN, DRY.... 10 CUP 000084 CHICKEN STOCK..... 20 CUP 903846 Extra Virgin Olive Oil..... 5 TBSP 009159 LIMES,RAW..... 5 fruit (2" dia) 799939 GARLIC,RAW..... 10 cloves, minced 799968 CILANTRO..... 5/8 CUP	Cilantro Rice: In a pot over medium high heat, bring chicken stock to a boil. While waiting, juice limes divide in half and set aside. Add extra virgin olive oil, 1/2 lime juice and brown rice to chicken stock, mix to combine, bring back to a boil. After boiling reduce heat to low and cover for about 30 minutes until all liquids have evaporated. Add minced garlic to remaining lime juice. Rinse and finely chop cilantro and add to garlic and lime juice. Remove rice from heat. Add lime mixture, mix until well combined and let sit for 5 minutes. CCP: Hold at 135 degrees or higher for service. Serve 1/2 cup rice with sweet chili chicken.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	276 kcal	Cholesterol	*30.87* mg	Sugars	*5.99* g	Calcium	*34.87* mg	21.87%	Calories from Total Fat
Total Fat	6.69 g	Sodium	604.00 mg	Protein	14.41 g	Iron	*1.23* mg	9.13%	Calories from Sat Fat
Saturated Fat	2.80 g	Carbohydrate	40.33 g	Vitamin A	*1339.21* IU	Water ¹	*52.16* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.40* g	Vitamin C	*17.23* mg	Ash ¹	*0.33* g	58.55%	Calories from Carbohydrates
								20.92%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.