



825174 - Chipotle Chicken Salad

Source: Farm to School

Number of Portions: 25

Size of Portion: each

Components:

Meat/Alt: 2.5 oz

Grains: 1 oz

Fruit:

Vegetable: 2.125 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Red/Orange

Vegetable, Starchy

Whole Grain Rich

Attributes:

Entree Salads

Meat/Meat Alter

Vegetables

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	3 lbs + 2 ozs 1 lb + 3 ozs	Thaw cooked, diced chicken and frozen corn in refrigerator overnight. For best results place chicken in perforated pan inside solid pan so excess moisture will drain. CCP: Hold at 41 degrees F. or lower.
825173R Seasoning Blend, Chipotle.....	2 Tbsp	Prepare Chipotle Seasoning blend according to recipe #825173.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	2 Tbsp	Heat tilting skillet, kettle, or large stockpot to medium heat. Add vegetable oil, chicken, and chipotle seasoning and sauté. Transfer to pan and place in hot holding cabinet. CCP: Heat to 135 degrees F. or higher. CCP: Hold for hot service at 135 degrees F. or higher. Place thawed corn in 2 inch deep perforated steamtable pan. CCP: Steam until minimum internal temperature of 135 degrees F. CCP: Cool to 41 degrees F. within 4 hours. CCP: Hold at 41 degrees F. or below.
011251 LETTUCE,COS OR ROMAINE,RAW..... 011233 KALE,RAW.....	3 lbs 1 LB (trimmed, diced)	Using a chef's knife, remove the stem end of the romaine head. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Rinse chopped romaine under running water and drain well. (A commercial salad spinner is recommended.) Weigh the required amount of prepared lettuce. (Note: About 4 lbs. 12 oz. AP Romaine heads equals 3 lbs. diced EP.) Open bags of precut, washed, diced kale and place the contents of 1 bag (2 lbs.) onto full size sheet pan. Pick through to remove any large stems. Toss gently to combine with prepared romaine. CCP: Hold at 41 degrees F. or lower.

011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	2 lbs + 1 OZ (cherry tomatoes)	CCP: No bare hand contact with ready to eat food. Rinse cherry tomatoes under running water and drain. Cut in half if tomatoes are large. CCP: Hold at 41 degrees F. or lower. CCP: No bare hand contact with ready to eat food.
011124 CARROTS,RAW..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	1 lb + 2 OZS (shredded) 12 1/2 ozs	To assemble salad: • Portion 3 cups (3 oz.) of salad greens in salad container or tray. Top each salad with: • ¼ cup (3 each) cherry tomatoes • ¼ cup shredded carrots (using #16 disher) • 1/8 cup corn (2 Tbsp) • ½ ounce shredded cheese (aprox. 2 Tbsp) CCP: Hold and serve this salad base at 41 degrees F. or below. Serve salad with 2 ounces of hot chipotle chicken and 1 ounce of tortilla chips. CCP: Hold and serve chicken at 135 degrees F. or above. CCP: No bare hand contact with ready to eat food.
		Notes: • Yiled test to determine disher size to portion 2 ounces by weight of prepared chicken. • Serve salad with school made Ranch Dressing # 825012. • This salad provides only 1 oz eq grain; follow instructions from the menu planner for the additional grain offering required for the grades 9-12 meal pattern requirement.

*Nutrients are based upon 1 Portion Size (each)

Calories	174 kcal	Cholesterol	53 mg	Sugars	*3.0* g	Calcium	*56.89* mg	34.98%	Calories from Total Fat
Total Fat	6.76 g	Sodium	194 mg	Protein	18.22 g	Iron	*1.46* mg	11.76%	Calories from Saturated Fat
Saturated Fat	2.27 g	Carbohydrates	11.54 g	Vitamin A	*10344.9* IU	Water ¹	*120.15* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.38 g	Vitamin C	*32.3* mg	Ash ¹	*1.10* g	26.52%	Calories from Carbohydrates
								41.88%	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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



825173 - Seasoning Blend, Chipotle

Source: Farm to School

Number of Portions: 10.5

Size of Portion: TBSP

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

Condiments

Custom Blends

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
826558 Chili Powder, Chipotle, McCormick....	1 tsp	Combine all ingredients and stir until evenly blended. Store in a plastic seasoning container in a cool, dry location until ready to use. Chipotle seasoning is specially formulated to season chicken for Cbipotle Grilled Chicken Salad.
002020 GARLIC POWDER.....	1 tsp	
002026 ONION POWDER.....	1 tsp	
901058 OREGANO LEAVES,DRIED.....	1 TSP (leaves)	
002028 PAPRIKA.....	1 Tbsp	
900670 CUMIN,GROUND.....	2 tsp	
002010 CINNAMON,GROUND.....	1/8 tsp	
002011 CLOVES,GROUND.....	1/8 tsp	
002047 SALT, TABLE.....	1/2 tsp	
002030 PEPPER,BLACK.....	1/2 TSP (ground)	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories	6 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	8.86 mg	30.19%	Calories from Total Fat
Total Fat	0.20 g	Sodium	112 mg	Protein	0.26 g	Iron	0.49 mg	4.11%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	1.10 g	Vitamin A	336.1 IU	Water ¹	*0.16* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.43 g	Vitamin C	0.1 mg	Ash ¹	*0.40* g	75.59%	Calories from Carbohydrates
								17.96%	Calories from Protein

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

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Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							