



825151 - Fiesta Grilled Chicken Salad

Source: K12 Culinary

Number of Portions: 25

Size of Portion: each

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 1.875 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Red/Orange

Vegetable, Starchy

Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
825708 Chicken Patty, WM,Grilled, Tyson 70320..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	25 each, 2.5 oz (CN=2M) 1 lb + 3 ozs	Thaw pre-cooked grilled chicken patties in the refrigerator. Thaw frozen corn overnight in the refrigerator. CCP: Hold at 41° F or lower.
825025R Seasoning Blend, Southwestern.....	3 Tbsp	Prepare school made Southwestern Seasoning Blend according to recipe #825025. Measure the required amount for the recipe. CCP: No bare hand contact with ready to eat food. Place thawed corn in 2 inch full size perforated pan. CCP: Steam until minimum internal temperature of 135° F. CCP: Cool to 41° F. within 4 hours. Place the thawed ready-to eat chicken patties into a pan and sprinkle with 3 Tbsp of school made Soutwestern Seasoning Blend. Toss gently to coat. Place seasoned patties on a cutting board and cut each lengthwise into 4 strips. CCP: Hold at 41° F or lower.
825012R Ranch Dressing: School Made.....	1 qt + 2 1/4 cups	CCP: No bare hand contact with ready to eat food. Prepare school made Ranch Dressing according to recipe 825012. Fill gallon container with dressing, insert condiment pump and fill 2 oz cups with 1/4 cup (2 fl oz) dressing. Cover each cup with lid. CCP: Hold at 41° F or lower.
		CCP: No bare hand contact with ready to eat food.

011251 LETTUCE,COS OR ROMAINE,RAW..... 011233 KALE,RAW.....	4 lbs + 15 ozs 1 LB (trimmed, diced)	<p>Weigh pre-cut lettuce and set aside for salad assembly. Purchased, pre-cut romaine does not require rinsing before use.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 7 lb 11 oz equals approximately 4 lb 15 oz chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>Open pre-cut, diced kale and place the contents onto full size sheet pan. Pick through and remove any large stems. Weigh required amount of kale and toss to combine with prepared romaine. CCP: Hold at 41° F or lower.</p>
011529 TOMATOES,RED,RIPE,RAW, YEAR RND AVERAGE.....	2 lbs + 1 OZ (cherry tomatoes)	<p>CCP: No bare hand contact with ready to eat food. Rinse cherry tomatoes under running water and drain well in a colander. Cut cherry tomatoes in half. CCP: Hold at 41° F or lower.</p>
011124 CARROTS,RAW..... 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... 826663 Tortilla Chips, WG, Bulk Frito Lay 62399.....	1 lb + 2 OZS (shredded) 12 1/2 ozs 3 lbs + 2 ozs	<p>CCP: No bare hand contact with ready to eat food. Assemble the salad in a large 3-compartment clear hinged container as follows: Fill the large compartment of the salad container with 3 cups of chopped romaine/kale mixture. Starting at top left corner and working clockwise, top each salad with:</p> <ul style="list-style-type: none"> • 1/4 cup shredded carrots (using 2 oz spoodle) • 1/8 cup corn (using a no. 30 disher) • 3 each cherry tomatoes, cut into halves (1/4 cup total) • 4 strips seasoned Chicken Patty (1 whole patty) • 1/2 oz cheese (using 1 oz spoodle or 2 tablespoons) <p>Place Ranch Dressing in one of the small compartments of the salad container. Make sure the container is not touching the salad ingredients.</p> <p>4. Place 2 oz of tortilla chips in the other small compartment. Close the salad container.</p> <p>Salads are best when assembled just prior to service so tortilla chips do not become soggy. If salads are assembled earlier, add chips for just in time service. CCP: Hold and Serve at 41° F or lower.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	710 kcal	Cholesterol	73 mg	Sugars	*4.6* g	Calcium	*188.74* mg	58.49%	Calories from Total Fat
Total Fat	46.16 g	Sodium	862 mg	Protein	26.90 g	Iron	*3.00* mg	11.01%	Calories from Saturated Fat
Saturated Fat	8.69 g	Carbohydrates	56.07 g	Vitamin A	*12337.3* IU	Water ¹	*148.86* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.13 g	Vitamin C	*22.9* mg	Ash ¹	*1.46* g	31.58%	Calories from Carbohydrates
								15.15%	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.