



## 825211 - Hawaiian Chicken Salad

Source: K12 Culinary

Number of Portions: 25

Size of Portion: each

### Components:

Meat/Alt: 2 oz  
Grains: 2 oz  
Fruit:  
Vegetable: 1.75 cup  
Milk:

### Recipe Subgroups:

Vegetable, Dark Green  
Vegetable, Dark Green  
Vegetable, Dark Green  
Vegetable, Red/Orange  
Whole Grain Rich

### Attributes:

Meat/Meat Alter

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 826494 Flatbread, Oven Fired, WGR, Rich's 14010...	3 lbs + 4 ozs 25 each, 2.2 oz	Thaw diced chicken in refrigerator overnight. <b>CCP: Hold at 41°F or below.</b> Thaw flatbread at room temperature 24 hours in advance of use.
002048 VINEGAR,CIDER..... 825093 Mayonnaise, RedCal, gal, Dukes 06073..... 019335 SUGARS,GRANULATED..... 002026 ONION POWDER..... 799903 GARLIC,GRANULATED..... 002009 CHILI POWDER.....	2 cups 2 3/4 cups 2 3/4 cups 1/3 cup 1/3 cup 1/3 cup	Prepare the dressing by combining sugar, mayonnaise, cider vinegar, chili powder, granulated garlic, and onion powder in a large bowl. Whisk until combined.  Fill portion cups with 2 fl oz of dressing (using a no. 16 disher or filling 2 oz portion cups). Cover with lids. Reserve remaining dressing for the recipe marinade.  <b>CCP: Hold at 41° F or lower.</b>
825963 Pineapple Tidbits, Juice Packed Dole.....	1 cup	Drain pineapple tidbits and measure required amount. Reserve juice for another recipe. Note: If pineapple chunks are used, chop into tidbit-sized pieces.  Combine reserved dressing with thawed cooked chicken and drained pineapple. Place in refrigerator and allow flavors to marinate at least 30 minutes but no longer than 3 hours to preserve quality. <b>CCP: Hold at 41° F or lower.</b>

011251 LETTUCE,COS OR ROMAINE,RAW..... 011457 SPINACH,RAW..... 011090 BROCCOLI,RAW..... 011124 CARROTS,RAW.....	4 lbs + 8 ozs 2 LBS (EP) 1 lb + 12 OZS (florets) 2 LBS (shredded)	<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>Combine romaine and spinach and set aside. Weigh and chop broccoli florets into 1 inch pieces. Weigh shredded carrots.</p> <p>Purchased, pre-cut, prewashed produce does not require additional rinsing. If produce is not prewashed, rinse and drain thoroughly in a colander.</p> <p><i>NOTE: As an option for appealing appearance, broccoli may be blanched in steamer and chilled. If broccoli is blanched and cooled the HACCP Process changes to #3 Complex. CCP: Cool to 41°F quickly and hold at 41°F or below.</i></p> <p><b>CCP: Hold at 41° F or lower.</b></p>
		<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>Cut each square of whole grain-rich flat bread into 8 equal triangles by cutting bread in half; stacking the two bread strips; cut in half, then cut the squares in half on the diagonal forming the triangles.</p>
		<p>Assemble the salad as follows:</p> <p>Fill the large compartment of the 3-compartment salad container with 2 cups of romaine and spinach mixture.</p> <ul style="list-style-type: none"> <li>• Top lettuce mixture with 2/3 cup (using no. 6 disher) marinated diced chicken mixture.</li> <li>• Portion ½ c broccoli florets on the left side of the chicken mixture</li> <li>• Portion ¼ c shredded carrots on the right side of the chicken mixture</li> <li>• Fan 8 flat bread triangles in one of the small compartments</li> <li>• Place the dressing cup inside salad container in the remaining compartment. Make sure the cup does not touch the lettuce.</li> </ul> <p>Cover with the lid.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>

\*Nutrients are based upon 1 Portion Size (each)

Calories	502	kcal	Cholesterol	62	mg	Sugars	*27.8*	g	Calcium	126.10	mg	30.05%	Calories from Total Fat
Total Fat	16.77	g	Sodium	698	mg	Protein	22.60	g	Iron	*2.98*	mg	3.64%	Calories from Saturated Fat
Saturated Fat	2.03	g	Carbohydrates	67.27	g	Vitamin A	17298.9	IU	Water <sup>1</sup>	*195.77*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	8.45	g	Vitamin C	47.1	mg	Ash <sup>1</sup>	*2.11*	g	53.56%	Calories from Carbohydrates
												17.99%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p><sup>1</sup> - denotes optional nutrient values</p> <p><sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>													