

# Kentucky Dept. of Education

**001348 - Cardinal Fiesta Pepper**

**Recipe HACCP Process: #2 Same Day Service**

Source: Taylor County  
 Number of Portions: 48  
 Size of Portion: 1 serving

Meat/Alt: 2 oz  
 Grains: 0.5 oz  
 Fruit: 0 Cup  
 Vegetable: 0.25 Cup  
 Milk: 0 Cup

Alternate Menu Name: Serve with Ranch Crema  
 and Salsa #1362

<p>075013 CHICKEN BREAST, Boneless, Skinless..... 16 Each (4 oz avg)                  002029 PARSLEY, DRIED..... 1/2 CUP                  002017 DILL WEED, DRIED..... 4 TSP                  002020 GARLIC POWDER..... 4 TSP                  002026 ONION POWDER..... 4 TSP                  903900 Basil, Dry..... 4 TSP                  002030 PEPPER, BLACK..... 4 TSP                  903846 Extra Virgin Olive Oil..... 2 CUP                  799902 CUMIN, GROUND..... 4 TSP                  002009 CHILI POWDER..... 4 TSP                  002031 PEPPER, RED OR CAYENNE..... 2 TSP                  002030 PEPPER, BLACK..... 4 TSP                  009161 LIME JUC, CND OR BTLD, UNSWTND..... 1/2 CUP</p>		<p>For Chicken:                  In a medium bowl, whisk together the ingredients and rub evenly al over the chicken breasts. Allow chicken to sit for 10 minutes. Heat skillet with olive oil over medium heat. Once very hot, add chicken and cook undisturbed for 3-5 minutes or until nicely browned. Turn chicken over, reduce heat to medium. Cook for 7 minutes or until reaches internal temperature of 165 degrees. Remove to cutting board and let rest for 5 minutes before dicing.</p>
<p>011282 ONIONS, RAW..... 2 CUP, chopped                  903846 Extra Virgin Olive Oil..... 1 CUP                  799939 GARLIC, RAW..... 16 cloves, minced                  799902 CUMIN, GROUND..... 8 TSP                  011167 CORN, SWEET, YELLOW, RAW..... 2 CUP                  903892 PEPPERS RED SWEET..... 2 CUP, diced                  799942 SWEET POTATO, RAW, UNPREP..... 2 CUP, peeled, cubed                  011477 SQUASH, SMMR, ZUCCHINI, INCL SKN, RAW..... 2 CUP, chopped                  011641 SQUASH, SMMR, ALL VAR, RAW..... 2 CUP, chopped                  050452 RICE, LONG GRAIN, BROWN, DRY..... 12 CUP                  903909 Chicken Broth, Low Sodium..... 24 CUP                  050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIUM..... 2 CUP                  902822 MARGARINE..... 1/2 CUP                  799968 CILANTRO..... 2 CUP, MINCED</p>		<p>For Rice:                  Heat olive oil in large skillet over medium heat. Add red onions and both peppers. Saute for 3-5 minutes. Add garlic and cumin and saute 30 more seconds. Add rice and saute for a few more seconds. Add beans, corn, zucchini, squash, sweet potato and chicken broth. Bring to a boil. Reduce heat to low and simmer, covered for about 20 minutes. Stirring at 15 minutes. Remove from heat and let sit covered for 5 minutes. Stir in margarine to melt. Stir in lime juice and cilantro. You will mix rice, vegetables and chicken before stuffing peppers.</p>
<p>903892 PEPPERS RED SWEET..... 24 Medium                  050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SHREDDE... 8 CUP</p>		<p>For Peppers:                  Place halved peppers on baking sheets. Prebake peppers for 10 minutes at 375 degrees. Remove from oven and fill each pepper with 1 cup rice and chicken mixture. Top with 2 oz cheese. Bake in oven for 20 minutes.                  Serve with Ranch Crema and Salsa Recipe No. 1362                  Hold at 135 degrees or higher.</p>

*\*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.*

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## Recipe Master List

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

Calories	458	kcal	Cholesterol	*32.33*	mg	Sugars	*0.99*	g	Calcium	*230.42*	mg	43.35%	Calories from Total Fat
Total Fat	22.07	g	Sodium	247.83	mg	Protein	20.22	g	Iron	*1.93*	mg	10.93%	Calories from Sat Fat
Saturated Fat	5.56	g	Carbohydrate	45.96	g	Vitamin A	*1060.88*	IU	Water <sup>1</sup>	*27.29*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	*3.20*	g	Vitamin C	*4.01*	mg	Ash <sup>1</sup>	*0.34*	g	40.13%	Calories from Carbohydrates
												17.66%	Calories from Protein

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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.