

# Kentucky Dept. of Education

**001344 - Quinoa Stuffed Rolled Chicken**

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

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

Meat/Alt: 2 oz  
 Grains: 0.25 oz  
 Fruit: 0.125 Cup  
 Vegetable: 0.5 Cup  
 Milk: 0 Cup

903901 Quinoa, Dry..... 6 CUP 799976 VEGETABLE BROTH, LOW-SODIUM..... 12 CUP 799969 CRANBERRIES, DRIED..... 6 CUP, CHOPPED 901062 ONIONS,RED,RAW..... 2 1/3 CUP, chopped 005691 CHICKEN,DK MEAT,THIGH,MEAT & SKN,ENHANCED,RAW..... 48 (3 OZ) 903902 Minced Garlic..... 3/4 CUP 002047 SALT,TABLE..... 3 TSP	Preheat Oven 400 degrees. Quinoa Stuffing: Boil quinoa in vegetable broth until done (if necessary, strain) and add to large mixing bowl. Meanwhile, roast garlic in grapeseed oil; once garlic is aromatic add red onion and 2 cup dried cranberries; add marjoran, and pepper to taste. Once finished, drain to remove oil, if necessary, and add to quinoa. Add 1/2 cup red wine vinegar to stuffing mixture.  Rolled Chicken Thighs: Remove the bones from each thigh (keep skin on) and pound flat. On the skin side of the thigh season with course ground pepper and salt. Flip over. Coat non-skinned side with quinoa stuffing and tightly roll the thigh. Use silicon ties, twine or skewer to keep the form of the roll. Sear in saucepan until skin is golden and crispy. Place on baking sheets and place in oven for 10 minutes. Remove thighs from oven and drizzle with honey. Return to oven for an additional 10-15 mins or until reaches internal temperature of 165 degrees for 15 seconds. Remove from oven, allow to rest, remove ties and cut on bias (5 pieces per thigh).
002068 VINEGAR,RED WINE..... 1 1/2 CUP 019296 HONEY..... 3/4 CUP 903903 Sracha Chili Sauce..... 6 TSP 799968 CILANTRO..... 6 TBSP, MINCED 012037 SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT..... 1 1/2 CUP 903904 Grapeseed Oil..... 6 TBSP 799941 SPINACH,RAW..... 48 CUP 902964 Apples, Fresh (fuji, gala, macintosh)..... 3 CUP, diced 009132 GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON... 3 CUP	Cranberry Apple Salad Bed: After washing spinach leaves, remove stems and add to large mixing bowl. Drizzle lightly with red wine vinegar. Add sunflower seeds and season with a pinch of pepper. Add diced apples and up to 4 cups dried cranberries. Mix to distribute.  Red Wine Vinegar Dressing: Mix equal amounts of Red wine vinegar and honey in a bowl. Add sracha chili sauce to taste and mix. in.  To Serve: Place bed of salad on plate. Arrange chicken (1 thigh) on salad and drizzle with dressing evenly.

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

Calories	384 kcal	Cholesterol	*80.75* mg	Sugars	*5.92* g	Calcium	*46.63* mg	42.89%	Calories from Total Fat
Total Fat	18.27 g	Sodium	445.76 mg	Protein	18.38 g	Iron	*1.62* mg	9.24%	Calories from Sat Fat
Saturated Fat	3.94 g	Carbohydrate	39.06 g	Vitamin A	*2981.04* IU	Water <sup>1</sup>	*108.27* g	*0.17%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.07* g	Dietary Fiber	*2.08* g	Vitamin C	*9.43* mg	Ash <sup>1</sup>	*1.97* g	40.74%	Calories from Carbohydrates

\*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

<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.**

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	19.17% Calories from Protein
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