

Kentucky Dept. of Education

001399 - Bkd Chckn Strips w/SW Corn Sld

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: serving

Meat/Alt: 2 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 1 Cup
 Milk: 0 Cup

Alternate Menu Name: Boyle County HS

903994 Panko Breadcrumbs..... 4 CUP 903766 Egg..... 8 each 075003 MAYONNAISE,LoFat,No Cholesterol..... 1/2 CUP 903995 Dijon Mustard..... 12 Tablespoon 051429 FLOUR, ALL PURPOSE, ENRICHED, UNBLEACHED..... 1 CUP 002047 SALT, TABLE..... 4 TSP 002030 PEPPER,BLACK..... 2 TSP, ground	Preheat oven to 400 degrees. Spread panko on a baking tray, spray with oil , then bake for 3-5 minutes until light golden color. Transfer to a bowl. In a bowl add egg, mayonnaise, dijon mustard, flour, salt and pepper and whisk with a fork until combined. Add the chicken into the batter and toss to coat.
075013 Chicken Breast..... 20 Each (4 oz avg)	Pick up a piece of chicken with your left hand and place into the panko bowl. Use your right hand to sprinkle some breadcrumbs onto one end of the chicken, then pick up that end of the chicken and turn it over. Pat down gently to press the breadcrumbs onto the chicken, then transfer onto baking tray. Repeat with remaining chicken. Spray lightly with oil. Bake for 10 minutes (if small) - 15 minutes (medium to large). Remove from oven and check with meat thermometer. Internal temperature should reach 165 degrees for 15 seconds.
001118 YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ... 4 CUP 009160 LIME JUICE,RAW..... 1/2 CUP 019296 HONEY..... 8 TSP 002028 PAPRIKA..... 4 TSP 799902 CUMIN,GROUND..... 2 TSP 011167 CORN,SWEET,YELLOW,RAW..... 24 ear, large 799939 GARLIC,RAW..... 8 cloves, minced 009160 LIME JUICE,RAW..... 1 CUP 002047 SALT, TABLE..... 2 TSP 903782 Black Beans, drained and rinsed..... 4 (14 oz can) 903892 PEPPERS RED SWEET..... 8 Chopped 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 4 CUP, cherry toms 901062 ONIONS,RED,RAW..... 4 CUP, chopped 799968 CILANTRO..... 4 CUP, MINCED 902506 Cheddar Cheese, reduced fat..... 4 Cup shredded	Mix yogurt, lime juice, honey, paprika, and cumin in bowl and set aside. Remove corn from ear and boil until plump (about 8 mins). Heat splash of oil over medium/high heat in a large saute pan then add garlic and corn. Cook about 15 minutes, flipping frequently, until corn begins to char a bit. Gently toss with lime juice and salt. In a large bowl, combine corn mix, black beans, pepper, onion, cilantro, and cheese.

**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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002020 GARLIC POWDER..... 4 TSP 011949 CATSUP,LOW SODIUM..... 1 1/2 CUP 043355 MAYONNAISE,LO NA,LO CAL OR DIET..... 4 CUP 002030 PEPPER,BLACK..... 8 TSP, ground 903996 Seasoned Salt..... 4 Teaspoon 902456 Worcestershire Sauce Chef's Companion..... 4 TSP	Sauce: Mix garlic powder, ketchup, mayonnaise, worcestershire sauce, pepper and salt in bowl. Drizzle over corn salad and refrigerate until ready to plate. CCP: Hold at 135 degrees for service. Serve with tortilla chips.
902895 Tortilla Chips..... 48 OZ	

*Nutrients are based upon 1 Portion Size (serving)

Calories	487 kcal	Cholesterol	*67.81* mg	Sugars	*9.76* g	Calcium	*100.11* mg	28.55%	Calories from Total Fat
Total Fat	15.45 g	Sodium	876.61 mg	Protein	22.67 g	Iron	*1.22* mg	7.04%	Calories from Sat Fat
Saturated Fat	3.81 g	Carbohydrate	58.90 g	Vitamin A	*394.42* IU	Water ¹	*120.39* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.16* g	Vitamin C	*10.52* mg	Ash ¹	*2.21* g	48.37%	Calories from Carbohydrates
								18.62%	Calories from Protein

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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.