

Kentucky Department of Education

Recipe: 000376 Cardinal Specialty

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Taylor County HS

Number of Portions: 48
 Size of Portion: Servings

050452 RICE, LONG GRAIN, BROWN, DRY.... 014429 WATER,MUNICIPAL..... 902942 Margarine..... 002047 SALT, TABLE..... 799939 GARLIC, RAW..... 011291 Green onions, finely chopped..... 903229 Parsley..... 009153 LEMON JUC, CND OR BTLD.....	12 CUP 20 CUP 1/2 CUP 4 TSP 8 TBSP, MINCED 1 CUP, chopped 4 TSP 1/2 CUP	Preheat oven to 375. Boil the water and add the butter and salt. Stir to dissolve salt and butter. Place the rice in baking dishes. Pour the boiling water mixture over the rice evenly and stir. Cover with foil and bake for 45 minutes.
902958 Soy Sauce, lite..... 902999 Zucchini, diced..... 011641 SQUASH, SMMR, ALL VAR, RAW..... 011124 CARROTS, RAW..... 011090 Broccoli florets, fresh chopped..... 011333 Peppers, green sweet chopped..... 011821 Peppers, red sweet chopped..... 011109 CABBAGE, RAW..... 902959 Extra Virgin Olive Oil.....	2 CUP 8 CUP 8 CUP, sliced 8 CUP, chopped 12 CUP, florets 2 CUP, chopped 2 CUP, chopped 4 CUP, shredded 1/2 CUP	Add olive oil to skillet. Add the carrots and peppers, saute on medium high for about 5 minutes. Then add to the mixture the cabbage, zucchini, squash, and broccoli. Saute for another 5 minutes. Add pineapple tidbits (reserve juice) and continue to cook till veggies are tender (10-15 minutes).
014429 WATER,MUNICIPAL..... 903051 Pineapple in juice, juice reserved..... 901530 SUGARS, BROWN, LIGHT..... 020067 SORGHUM..... 903228 Ginger Paste..... 020027 CORNSTARCH..... 014429 WATER,MUNICIPAL..... 009153 LEMON JUC, CND OR BTLD.....	2 CUP 8 CUP 2 1/2 CUP, packed 8 TBSP 4 TSP 1 CUP 1 CUP 1/2 CUP	Combine soy sauce, 2 cups water, 2 cup pineapple juice, brown sugar, sorghum, and ginger in saucepan. Cover. Bring to boil. Once boiling remove cover and boil for 1 minute. While sauce is heating up, combine cornstarch and 1 cup water in bowl. Once sauce is boiling add mixture to saucepan and stir. Add 6 Tablespoons lemon juice. Cook till starts to thicken and remove from heat.

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.

Kentucky Department of Education

903183 Chicken, Diced USDA..... 902942 Margarine..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 009153 LEMON JUC, CND OR BTLD.....	16 CUP 1 CUP 4 TSP 4 TSP, ground 8 TBSP	Heat margarine in pan. Saute garlic and onions. Cook till opaque. Add chicken, salt and pepper. Cook till heated thoroughly. Add 6 tablespoons lemon juice. Pour 6 cups sauce over chicken mixture. Stir till completely combined. Cook for 2 minutes. Check the temperature is 165 degrees. Remove from heat. Add chicken to vegetables. Add most of the remaining sauce to mixture reserving a bit to drizzle over the top when serving. Add mixture to rice, 6 tablespoons lemon juice stir till coated thoroughly. Bake in oven at 375 degrees for 10-15 minutes. Garnish with green onion frills, parsley and/or julienne carrots. CCP: Hold at 135 degrees.
--	---	--

*Nutrients are based upon 1 Portion Size (Servings)

Calories	414 kcal	Cholesterol	*0.00* mg	Sugars	*2.61* g	Calcium	*53.74* mg	23.62%	Calories from Total Fat
Total Fat	10.87 g	Sodium	889.73 mg	Protein	14.41 g	Iron	*1.29* mg	5.23%	Calories from Saturated Fat
Saturated Fat	2.41 g	Carbohydrates	65.25 g	Vitamin A	*3986.21* IU	Water ¹	*197.18* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.70* g	Vitamin C	*41.06* mg	Ash ¹	*1.87* g	63.00%	Calories from Carbohydrates
								13.92%	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.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz				? - Allergen 1
Grain..... 1.000 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 1.000 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050452	RICE, LONG GRAIN, BROWN, DRY			
I	014429	WATER, MUNICIPAL			
I	902942	Margarine			

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.

Kentucky Department of Education

I	002047	SALT, TABLE			
I	799939	GARLIC, RAW			
I	011291	Green onions, finely chopped			
I	903183	Chicken, Diced USDA			
I	902942	Margarine			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			
I	009153	LEMON JUC, CND OR BTL			
I	902958	Soy Sauce, lite			
I	014429	WATER, MUNICIPAL			
I	903051	Pineapple in juice, juice reserved			
I	901530	SUGARS, BROWN, LIGHT			
I	020067	SORGHUM			
I	903228	Ginger Paste			
I	020027	CORNSTARCH			
I	014429	WATER, MUNICIPAL			
I	009153	LEMON JUC, CND OR BTL			
I	902999	Zucchini, diced			
I	011641	SQUASH, SMMR, ALL VAR, RAW			
I	011124	CARROTS, RAW			
I	011090	Broccoli florets, fresh chopped			
I	011333	Peppers, green sweet chopped			
I	011821	Peppers, red sweet chopped			
I	011109	CABBAGE, RAW			
I	903229	Parsley			
I	902959	Extra Virgin Olive Oil			
I	009153	LEMON JUC, CND OR BTL			

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.