

Recipe: 000366 Street Smart Tacos Mango Salsa

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Alternate Recipe Name: Henderson County HS
 Colonel's Cookin' Crazie

Number of Portions: 48
 Size of Portion: Serving

Recipe HACCP Process: #2 Same Day Service

902959 Extra Virgin Olive Oil.....	1/2 CUP	In a large pot heat olive oil over medium heat. Add the garlic and onions and season with salt and pepper. Cook until softened and lightly browned, about 5 minutes. Add the chili powder, cumin, cinnamon, and red pepper and cook until toasted, 1 minute more. Stir in the chicken broth, ketchup, corn syrup and vinegar. Add the chicken (cut into 1 inch strips) and bring to a boil, reduce the heat to a simmer and cover. Cook the chicken until tender about 30 minutes, remove the chicken and chop. Saute the yellow squash and zucchini in the olive oil until tender. Sprinkle taco seasoning on the vegetables and salt to taste. Combine the vegetables with the chicken mixture. Lightly heat the tortilla shells. Fill shells with the chicken/vegetable mixture, lettuce, tomatoes, red pepper, onion mixture and cheese. Sprinkle with cilantro. Serve with mango salsa and guacamole and lime slices. CCP: Hold at 135 degrees.
799939 GARLIC, RAW.....	12 Clove, minced	
011294 Onions, chopped.....	8 onion	
002009 CHILI POWDER.....	3 TBSP	
799902 CUMIN, GROUND.....	8 TSP	
002010 CINNAMON, GROUND.....	4 TSP	
903200 Pepper, Red.....	2 TSP	
799967 BROTH, CHICKEN, LOW SODIUM.....	12 CUP	
011949 CATSUP, LOW SODIUM.....	2 1/2 CUP	
019350 SYRUPS, CORN, LT.....	1 CUP	
002068 Vinegar, balsamic.....	2 1/2 CUP	
075013 CHICKEN BREAST.....	16 LB, raw, yield included	
011641 SQUASH, SMMR, ALL VAR, RAW.....	16 small	
011953 SQUASH, ZUCCHINI, BABY, RAW.....	12 medium	
799921 TACO SEASONING MIX, MILD.....	2 1/2 Packet	
903227 Mini tortillas Shells.....	96 Each	
799940 Lettuce Locally Grown.....	16 CUP, shredded	
799943 Tomatoes, locally grown.....	16 Large diced small	
051556 Cheese, Cheddar, Yellow, Reduced Fat, Shredde....	16 CUP	
799968 CILANTRO.....	16 Bunch minced	
009159 LIMES, RAW.....	16 fruit (2" dia)	

*Nutrients are based upon 1 Portion Size (Serving)

Calories	459 kcal	Cholesterol	*73.30* mg	Sugars	*12.52* g	Calcium	*109.58* mg	37.01%	Calories from Total Fat
Total Fat	18.88 g	Sodium	908.14 mg	Protein	39.95 g	Iron	*1.99* mg	*17.23%*	Calories from Saturated Fat
Saturated Fat	*8.79* g	Carbohydrates	53.00 g	Vitamin A	*2264.05* IU	Water ¹	*205.64* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.07* g	Vitamin C	*27.04* mg	Ash ¹	*1.62* g	46.17%	Calories from Carbohydrates
								34.80%	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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 3.000 oz					? - Allergen 1
Grain..... 2.000 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	902959	Extra Virgin Olive Oil			
I	799939	GARLIC,RAW			
I	011294	Onions, chopped			
I	002009	CHILI POWDER			
I	799902	CUMIN,GROUND			
I	002010	CINNAMON,GROUND			
I	903200	Pepper, Red			
I	799967	BROTH, CHICKEN, LOW SODIUM			
I	011949	CATSUP,LOW SODIUM			
I	019350	SYRUPS,CORN,LT			
I	002068	Vinegar, balsamic			
I	075013	CHICKEN BREAST			
I	011641	SQUASH,SMMR,ALL VAR,RAW			
I	011953	SQUASH,ZUCCHINI,BABY,RAW			
I	799921	TACO SEASONING MIX, MILD			
I	903227	Mini tortilas Shells			
I	799940	Lettuce Locally Grown			
I	799943	Tomatoes, locally grown			
I	051556	Cheese, Cheddar, Yellow, Reduced Fat, Shredde			
I	799968	CILANTRO			
I	009159	LIMES,RAW			

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Recipe: 000372 Guacamole
 Recipe Source: Jr Chef
 Recipe Group: VEGETABLES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name: Henderson County HS

Number of Portions: 48
 Size of Portion: Servings

009037 AVOCADOS,RAW,ALL COMM VAR.... 799943 Tomatoes, locally grown..... 799968 CILANTRO..... 011294 Onions, chopped..... 799946 PEPPERS,JALAPENO,RAW..... 009160 LIME JUICE,RAW..... 009152 LEMON JUICE,RAW.....	16 avocado 8 CUP, chopped or sliced 2 CUP, MINCED 2 CUP 8 Pepper minced 8 lime yields 1 CUP	Mash avocados in a bowl until creamy. Add the rest of the ingredients and blend until well combined. Season with salt and pepper to taste. CCP: Hold at 41 degrees or below.
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*Nutrients are based upon 1 Portion Size (Servings)

Calories	120 kcal	Cholesterol	0.00 mg	Sugars	*1.32* g	Calcium	35.15 mg	74.24%	Calories from Total Fat
Total Fat	9.92 g	Sodium	7.46 mg	Protein	1.77 g	Iron	0.50 mg	*10.77%*	Calories from Saturated Fat
Saturated Fat	*1.44* g	Carbohydrates	8.95 g	Vitamin A	376.97 IU	Water ¹	*102.31* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.07 g	Vitamin C	18.34 mg	Ash ¹	*1.30* g	29.76%	Calories from Carbohydrates
								5.90%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.500 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	009037	AVOCADOS,RAW,ALL COMM VAR			
I	799943	Tomatoes, locally grown			

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I	799968	CILANTRO			
I	011294	Onions, chopped			
I	799946	PEPPERS,JALAPENO,RAW			
I	009160	LIME JUICE,RAW			
I	009152	LEMON JUICE,RAW			

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Kentucky Department of Education

Recipe: 000371 Mango Salsa

Recipe HACCP Process: #1 No Cook

Recipe Source: Jr Chef
 Recipe Group: FRUIT

Alternate Recipe Name: Henderson County HS

Number of Portions: 48
 Size of Portion: Servings

799943 Tomatoes, locally grown..... 903050 Mango, diced..... 799968 CILANTRO..... 902959 Extra Virgin Olive Oil..... 009160 LIME JUICE,RAW..... 009152 LEMON JUICE,RAW..... 019335 SUGARS,GRANULATED..... 901071 OREGANO LEAVES,DRIED... 002047 SALT,TABLE.....	16 Large diced small 8 Medium 2 CUP, MINCED 1 CUP 8 lime yields 8 lemon yields 1/2 CUP 8 TSP, ground 4 TSP	Mix all ingredients until blended. refrigerate until ready to serve at 41 degrees or below.
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*Nutrients are based upon 1 Portion Size (Servings)

Calories	80 kcal	Cholesterol	*0.00* mg	Sugars	*2.42* g	Calcium	*32.44* mg	55.57%	Calories from Total Fat
Total Fat	4.94 g	Sodium	197.45 mg	Protein	0.85 g	Iron	*0.31* mg	7.83%	Calories from Saturated Fat
Saturated Fat	0.70 g	Carbohydrates	9.99 g	Vitamin A	*530.21* IU	Water ¹	*71.41* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*0.91* g	Vitamin C	*13.76* mg	Ash ¹	*0.86* g	49.91%	Calories from Carbohydrates
								4.25%	Calories from Protein

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... 0.125 cup				? - Allergen 3
Vegetable..... 0.125 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8

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Kentucky Department of Education

Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	799943	Tomatoes, locally grown			
I	903050	Mango, diced			
I	799968	CILANTRO			
I	902959	Extra Virgin Olive Oil			
I	009160	LIME JUICE,RAW			
I	009152	LEMON JUICE,RAW			
I	019335	SUGARS,GRANULATED			
I	901071	OREGANO LEAVES,DRIED			
I	002047	SALT, TABLE			

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