Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains **Main Dishes D-60r**

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry	6 lb	3 qt 3 cups	12 lb	1 gal 3 ½ qt	2. Place 3 lb brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro. Critical Control Point: Hold at 135 °F or higher.
Salt-free chili-lime seasoning blend		¼ cup 2 tsp		½ cup 1 ⅓ Tbsp	
Fresh cilantro, chopped		½ cup		1 cup	
Canola oil		1 cup		2 cups	7. Heat oil in a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ x 7″) on top of stove. Sauté onions for 2-3 minutes.
*Fresh onions, diced	2 lb	1 qt 2 ¼ cups	4 lb	3 qt ½ cup	
Frozen, cooked fajita chicken strips, thawed	8 lb	2 gal	16 lb	4 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
*Fresh butternut squash, peeled, cubed ½″	8 lb	1 gal 2 ½ qt	16 lb	3 gal 1 qt	
*Fresh red bell peppers, diced ½″	2 lb	1 qt 2 cups	4 lb	3 qt	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables. DO NOT OVERCOOK.
Frozen corn, thawed, drained	4 lb	2 qt 3 cups	8 lb	1 gal 1 ½ qt	
Canned, diced green chilies	2 lb	1 qt (1 No. 10 can)	4 lb	2 qt (2 No. 10 cans)	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium diced tomatoes	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)	4 lb 8 oz	2 qt 1 cup (1 No. 10 can)	
Ground black pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground cumin		2 Tbsp		¼ cup	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	10. Reduce heat to low and simmer for 2 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion 6 fl oz spoodle (¾ cup) stir-fry over No. 8 scoop (½ cup) brown rice.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) stir-fry mixture over ½ cup (No. 8 scoop) brown rice provides 1 ¼ oz equivalent meat, ⅜ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice
	100 Servings: about 50 lb stir-fry about 24 lb brown rice	100 Servings: about 6 gallons stir-fry about 3 gallons brown rice

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	50 servings	100 servings
Mature onions	2 lb 6 oz	4 lb 12 oz
Butternut squash	9 lb 10 oz	19 lb 4 oz
Red bell peppers	2 lb 8 oz	5 lb

Nutrients Per Serving

Calories	396.34	Saturated Fat	1.69 g	Iron	2.37 mg
Protein	19.52 g	Cholesterol	62.31 mg	Calcium	57.97 mg
Carbohydrate	58.87 g	Vitamin A	7346.86 IU (359.04 RAE)	Sodium	574.40 mg
Total Fat	10.01 g	Vitamin C	44.16 mg	Dietary Fiber	7.06 g