

Baked Chicken Legs (#1)

Yield: 25 servings
Serving size: 1 chicken leg

Ingredients

11.25 lbs chicken leg quarters –raw, meat and skin, bone-in
3 Tbsp lemon juice
Nonstick cooking spray
3 Tbsp vegetable oil
2 Tbsp basil
1 ½ Tbsp ground black pepper
3 garlic cloves, minced
1 ½ Tbsp paprika

Directions

1. Preheat oven to 375°F.
2. Wash chicken and pat dry with paper towel.
3. Combine all ingredients. Sprinkle mixture over chicken (both sides).
4. Coat baking pan with nonstick cooking spray, then place chicken on baking pan.
5. Bake for 1 hour or until fully cooked.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	233	Calories from Fat	136
			% Daily Value
Total Fat	15 g		24%
Saturated Fat	4g		19%
Trans Fat	0 g		
Cholesterol	77 mg		26%
Sodium	75 mg		5%
Total Carbohydrate	1 g		1%
Dietary Fiber	1 g		1%
Sugars	0 g		
Protein	22 g		
Vitamin A	41%	Calcium	1%
Vitamin C	1%	Iron	16%

Recommendations & Requirements

Recommendations

- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Rosemary Chicken (#2)

Yield: 25 servings
Serving size: 1 chicken breast,

Ingredients

9 lbs chicken breast-raw, skin removed, bone in OR 6.5 lbs chicken breast-raw, bone & skin removed

- ¼ cup honey
- ¾ cup lemon juice
- Nonstick cooking spray
- ¾ cup vegetable oil
- ¾ cup balsamic vinegar
- 1 ½ tsp ground black pepper
- 13 garlic cloves, minced
- ¼ cup lemon peel (zest)
- ¼ cup rosemary, fresh

Directions

1. In a nonmetallic bowl, stir together the vegetable oil, lemon peel (zest), lemon juice, balsamic vinegar, honey, garlic, rosemary and ground black pepper.
2. Add the chicken, turning to coat. Cover and refrigerate for 30.
3. Lightly spray the grill rack with nonstick cooking spray.
4. Preheat grill or broiler on medium. Grill or broil the chicken for at least 5 minutes per side or until no longer pink in the center.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		220	Calories from Fat 87
		% Daily Value	
Total Fat	10 g		15%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	65 mg		4%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		1%
Sugars	4 g		
Protein	26 g		
Vitamin A	3%	Calcium	2%
Vitamin C	5%	Iron	13%



Chicken Piccata (#3)

Yield: 25 servings
Serving size: 1 chicken breast

Ingredients

9 lbs chicken breast-raw, skin removed, bone in OR 6.5 lbs chicken breast-raw, bone & skin removed
½ cup lemon juice
½ cup trans fat free margarine
2 cups all purpose flour

Directions

1. Preheat oven to 350°F.
2. Wash chicken and pat dry with paper towel.
3. Dip chicken in all purpose flour and put in baking tray. In tray, on top of chicken, add melted margarine and lemon juice to coat.
4. Bake for 1 hour or until juices run clear.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	200	Calories from Fat	53
% Daily Value			
Total Fat	6 g		9%
Saturated Fat	1 g		6%
Trans Fat	1 g		
Cholesterol	72 mg		24%
Sodium	90 mg		6%
Total Carbohydrate	8 g		6%
Dietary Fiber	1 g		1%
Sugars	0 g		
Protein	27 g		
Vitamin A	2%	Calcium	1%
Vitamin C	2%	Iron	17%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Grilled Caribbean Chicken Breasts (#4)

Yield: 25 servings
Serving size: 1 chicken breast

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
4 Tbsp lime juice
1/3 cup vegetable oil
1 cup orange juice
1 Tbsp orange peel or zest
8 garlic cloves, minced
1 Tbsp ginger
1 tsp hot chili sauce
2 tsp oregano, dried

Directions

1. In a blender, combine all ingredients except chicken.
2. Pour the marinade over the chicken breasts and marinate in the refrigerator for approximately 2 hours.
3. Grill or broil the chicken for at least 5 minutes per side or until no trace of pink remains.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		176	Calories from Fat 57
		% Daily Value	
Total Fat	6 g		10%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	63 mg		4%
Total Carbohydrate	2 g		1%
Dietary Fiber	1 g		1%
Sugars	1 g		
Protein	27 g		
Vitamin A	5%	Calcium	2%
Vitamin C	7%	Iron	12%



Turkey Burger (#5)

Yield: 25 servings
Serving size: 1 burger

Ingredients

6.75 lbs ground turkey-raw, lean
½ cup breadcrumbs, seasoned
2 eggs

Directions

1. Preheat oven to 400°F.
2. Mix all ingredients and shape into medium sized burgers.
3. Place burgers onto baking sheet 1 inch apart.
4. Bake for approximately 1 hour or until juices run clear.
5. If desired, serve with lettuce and tomato.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	188	Calories from Fat	84
% Daily Value			
Total Fat	9 g		15%
Saturated Fat	2 g		12%
Trans Fat	0 g		
Cholesterol	94 mg		31%
Sodium	114 mg		7%
Total Carbohydrate	2 g		1%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	254g		
Vitamin A	10%	Calcium	3%
Vitamin C	0%	Iron	18%

Recommendations & Requirements

Recommendations

- 🍏 To increase fiber content, use a whole wheat bun.
- 🍏 For 2 servings of grains, serve with a whole wheat bun.
- 🍏 This recipe uses ground turkey that is 93% lean. Using ground turkey that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Whole wheat buns should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



BBQ Chicken (#6)

Yield: 25 servings
Serving size: 1 chicken breast

Ingredients

9 lbs chicken breast-raw, skin removed, bone-in **OR** 6.5 lbs chicken breast-raw, bone & skin removed
 2 cups onions, chopped
 4 tsp dijon mustard
 ¼ cup molasses
 Nonstick cooking spray
 ¼ cup vegetable oil
 1 cup orange juice
 2 (6 oz) cans tomato paste, low sodium
 3 cups canned tomato puree, low sodium
 ½ cup cider vinegar
 ½ tsp chili powder, 1 tsp paprika, ½ tsp ground cumin
 ½ tsp ground black pepper
 6 garlic cloves, minced
 ½ cup brown sugar

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	215	Calories from Fat	49
% Daily Value			
Total Fat	5 g		9%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	108 mg		7%
Total Carbohydrate	13 g		10%
Dietary Fiber	2 g		5%
Sugars	9 g		
Protein	27 g		
Vitamin A	51%	Calcium	3%
Vitamin C	14%	Iron	26%

Directions

1. Preheat oven to 375°F.
2. Heat olive oil in a medium sized sauce pan. Add the onion and cook for 5-7 minutes. Add garlic, chili powder, paprika and cumin and cook for an additional minute, stirring constantly.
3. Add the tomato paste, brown sugar, and molasses. Cook for 5 minutes, or until the tomato paste turns dark red.
4. Add the remaining ingredients, except for chicken. Season with ground black pepper. Bring to a boil and let simmer for 30 minutes. Remove from heat.
5. Lightly coat 2 large baking sheets with nonstick cooking spray. Brush chicken pieces evenly with BBQ sauce. Roast BBQ chicken for about 20-25 minutes, or until chicken is fully cooked. Cooking time might vary.

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato products that contain 16-70 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato products should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Arroz Con Pollo (Chicken & Rice) (#7)

Yield: 25 servings

Serving size: Approximately 8 oz, 3 oz chicken breast and 5 oz rice/vegetables

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
 4 cups white rice, uncooked
 2 cups green peas, frozen
 1 cup green pepper, chopped
 1 cup onion, chopped
 2 cups tomato, fresh, chopped
 8 cups chicken broth, low sodium
 ½ cup vegetable oil
 1 tsp ground black pepper
 8 garlic cloves, minced
 1 tsp paprika
 Pinch of saffron (optional)

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	305	Calories from Fat	74
% Daily Value			
Total Fat	8 g		13%
Saturated Fat	2 g		7%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	101 mg		6%
Total Carbohydrate	25 g		19%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	31 g		
Vitamin A	49%	Calcium	3%
Vitamin C	11%	Iron	34%

Directions

1. Preheat oven to 350°F.
2. Stir fry chicken. Complete cooking in oven if necessary (chicken is done when juices run clear).
3. In a separate sauce pan over medium heat, heat vegetable oil, sauté garlic, ground black pepper, paprika, onions and green peppers for 5-6 minutes until soft.
4. Cook rice according to instructions.
5. Add white rice and cook for another 2-3 minutes, stirring frequently.
6. Add chicken broth, tomatoes, and saffron and stir to mix thoroughly.
7. Cover and simmer over low heat for 20-25 minutes.
8. Add green peas and cooked chicken and cook for an additional 10 minutes.
9. Serve immediately.

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use brown rice.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée and grain (1 serving) components of the menu and is a good source of protein.



Chicken Jambalaya (#8)

Yield: 25 servings

Serving size: 3 oz chicken breast and ½ cup rice/vegetables

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
 4 cups brown rice, uncooked
 1 ¼ cups green peppers, diced
 1 cup olives, black, sliced
 1 ¼ cups onions, chopped
 4 cups chicken broth, low sodium
 ½ cup vegetable oil
 4 cups canned whole tomatoes, low sodium
 2 tsp garlic powder

Directions

1. Preheat oven to 350°F.
2. Bake chicken, about 30 minutes (until juices run clear) and cut into cubes.
3. Prepare brown rice according to directions. Set aside.
4. Heat vegetable oil in large skillet over high heat. Add green peppers, onion, and garlic powder to skillet. Stir occasionally until vegetables are tender (about 3-5 minutes).
5. Add cubed chicken, vegetable mixture, tomatoes (with liquid), olives, chicken broth and rice in large pot over medium heat. Mix thoroughly and break up tomatoes into pieces.
6. Cover and cook for an additional 20-23 minutes over low heat. If mixture becomes dry add water as needed.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		312	Calories from Fat 82
		% Daily Value	
Total Fat	9 g		15%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	123 mg		8%
Total Carbohydrate	26 g		20%
Dietary Fiber	3 g		9%
Sugars	2 g		
Protein	30 g		
Vitamin A	12%	Calcium	4%
Vitamin C	11%	Iron	14%

Recommendations & Requirements*Recommendations*

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses canned whole tomatoes that contain 12 mg of sodium per serving. Using canned whole tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned whole tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée and grain (1 serving) components of your menu and is a good source of protein.



Chicken w/ Stir-Fry Vegetables (#9)

Yield: 25 servings
Serving size: 3 oz chicken breast and ½ cup vegetables

Ingredients

6.5 lbs chicken breast -raw, bone & skin removed
1 lb mushrooms, fresh, sliced
1.5 lbs onions, chopped
4.5 lbs Chinese stir-fry vegetable mix, fresh or frozen
2 cups chicken broth, low sodium
¼ cup vegetable oil
1/3 cup soy sauce, low sodium
¼ cup cornstarch
2 tsp garlic, minced
2 Tbsp ginger root, minced
3 Tbsp water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	212	Calories from Fat	49
% Daily Value			
Total Fat	6 g		9%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	202 mg		13%
Total Carbohydrate	9 g		7%
Dietary Fiber	2 g		5%
Sugars	4 g		
Protein	29 g		
Vitamin A	2%	Calcium	3%
Vitamin C	16%	Iron	14%

Directions

1. Slice chicken into strips.
2. Add small amount of vegetable oil and soy sauce to sauté pan and quickly stir-fry the vegetables (onion, mushrooms, oriental blend, ½ the garlic and ½ the ginger root). Remove from the pan with a slotted spoon and set aside.
3. Sauté chicken strips in remaining vegetable oil over high heat.
4. Add chicken broth and remaining soy sauce to chicken and stir gently. Add the remaining garlic and ginger root.
5. Mix cornstarch with cold water and add as needed to thicken the mixture. Serve the chicken and vegetables immediately.

Recommendations & Requirements

Recommendations

- 🍏 If extra liquid is required while cooking, add small amounts of water.
- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 To ensure that each person receives a minimum of ½ cup vegetables and 3 oz cooked chicken, do not mix while cooking.

Note: This recipe may count towards the entrée and vegetable (1 serving) components of your menu and is a good source of protein.



Stewed Chicken (#10)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 ½ green pepper, diced
1 pound onions, diced
8 cups chicken broth, low sodium
4 oz canned tomato paste, low sodium
¾ cup vegetable oil
1 bay leaf
2 garlic cloves, minced
Ground black pepper to taste
1 ½ tsp thyme, dried

Directions

1. Season chicken with thyme.
2. In large stock pot, heat vegetable oil over medium-high heat. Sauté chicken with thyme, garlic, ground black pepper and onion until vegetables are translucent.
3. Add chicken broth and bay leaf.
4. Cook until chicken is cooked through and tender.
5. Add tomato paste. Simmer for 5 additional minutes. Remove bay leaves before serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	222	Calories from Fat	91
% Daily Value			
Total Fat	10 g		16%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	92 mg		6%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		2%
Sugars	2 g		
Protein	28 g		
Vitamin A	13%	Calcium	2%
Vitamin C	9%	Iron	17%

Recommendations & Requirements

Recommendations

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses canned tomato paste that contains 16 mg of sodium per serving. Using canned tomato paste that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato paste should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Turkey Stew [Asopao De Pavo] (#11)

Yield: 25 servings
Serving size: 1 large drumstick, and 4 oz vegetables

Ingredients

9.75 lbs turkey drumsticks-raw, meat & skin, bone-in
2 lb carrots, sliced
½ lb celery, chopped
1 pound onions, chopped
2 lbs potatoes, pared or cubed
12 cups chicken broth, low sodium
½ gallon (8 cups) canned diced tomatoes, low sodium
½ cup vegetable oil
½ Tbsp ground black pepper
½ Tbsp garlic powder

Directions

1. Trim excess fat from meat.
2. Place vegetable oil in large stockpot over medium-high heat. Brown meat on all sides.
3. Add celery, carrots, onions, diced tomatoes (with liquid) and all spices then cook for 5 more minutes.
4. Add the chicken broth and bring to a boil. Add potatoes.
5. Cover and lower the heat. Simmer for 1 hour or until turkey is cooked and potatoes are tender.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		230	
		Calories from Fat 96	
		% Daily Value	
Total Fat	11 g		17%
Saturated Fat	3 g		12%
Trans Fat	0 g		
Cholesterol	121 mg		41%
Sodium	179 mg		11%
Total Carbohydrate	17 g		13%
Dietary Fiber	3g		11%
Sugars	6 g		
Protein	31 g		
Vitamin A	714%	Calcium	4%
Vitamin C	18%	Iron	24%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving. Using canned diced tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned diced tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée and vegetable (1 serving) component of the menu and is a good source of protein and fiber.



BBQ Chicken (#29)

Yield: 25 servings
Serving size: 1 chicken leg quarter

Ingredients

11 lbs chicken leg quarters-raw, meat & skin, bone in
1 ½ tsp ground black pepper
2 garlic cloves, minced
1 ½ tsp onion powder

BBQ Sauce Ingredients

¼ cup onion, chopped
6 cups ketchup, low sodium
¾ cup granulated sugar
1 ½ cups cider vinegar

Directions

1. Preheat oven to 350°F.
2. Season the chicken with garlic, onion, and ground black pepper.
3. Make the BBQ sauce by mixing ingredients together.
4. Lay chicken legs flat in semi deep pans.
5. Pour on BBQ sauce, cover, and bake for 1 hour or until fully cooked.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	284	Calories from Fat	105
		% Daily Value	
Total Fat	12 g		18%
Saturated Fat	3 g		15%
Trans Fat	0 g		
Cholesterol	78 mg		26%
Sodium	87 mg		5%
Total Carbohydrate	22 g		17%
Dietary Fiber	1 g		1%
Sugars	20 g		
Protein	23 g		
Vitamin A	73%	Calcium	2%
Vitamin C	10%	Iron	18%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses ketchup that contains 3 mg of sodium per serving. Using ketchup that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 If unable to find low sodium ketchup, using a different DFTA BBQ Chicken recipe is recommended.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Stuffed Peppers w/ Turkey (#30)

Yield: 25 servings

Serving size: 1 stuffed pepper with approximately 5-6 oz meat/rice mixture

Ingredients

6.75 lbs ground turkey-raw, lean
 3 ½ cups brown rice, uncooked
 25 green peppers
 80 oz canned tomato sauce, low sodium
 ½ Tbsp garlic powder
 ½ Tbsp onion powder
 4 tsp Italian seasoning
 5 cups water

Directions

1. Preheat oven to 350°F.
2. Place rice and water in a baking pan and bring to a boil. Reduce heat, cover, and cook for 25-30 minutes or until all water is absorbed by the rice.
3. In another baking pan, cook the ground turkey until evenly browned.
4. Remove and discard the tops, seeds and membranes of the green peppers. Arrange the green peppers in a baking dish with hollowed sides facing upward.
5. In a large bowl, mix the browned meat, cooked rice, 24 oz of tomato sauce, garlic powder and onion powder. Spoon approximately 5-6 oz of the mixture into each hollowed pepper.
6. Mix the remaining tomato sauce and Italian seasoning together and pour over the stuffed peppers.
7. Bake 1 hour in the preheated oven, basting with sauce every 15 minutes, until the peppers are tender.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	322	Calories from Fat	104
			% Daily Value
Total Fat	10 g		16%
Saturated Fat	3 g		12%
Trans Fat	0 g		
Cholesterol	79 mg		26%
Sodium	102 mg		7%
Total Carbohydrate	33 g		26%
Dietary Fiber	6 g		21%
Sugars	8 g		
Protein	27 g		
Vitamin A	105%	Calcium	4%
Vitamin C	112%	Iron	26%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses ground turkey that is 93% lean. Using ground turkey that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned tomato sauce should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée, grain (1 serving) and vegetable (1 serving) components of your menu and is a good source of protein and a high source of fiber.



Honey Mustard Chicken Cutlets (#51)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 cup chicken broth, low sodium
½ cup cider vinegar
½ cup dijon mustard
½ cup honey
½ cup lemon juice
¼ cup vegetable oil
2 Tbsp ground black pepper

Directions

1. Preheat oven to 375°F.
2. In a baking pan, combine the dijon mustard, honey, cider vinegar, vegetable oil, chicken broth, lemon juice and ground black pepper.
3. Add the chicken breasts and turn to coat.
4. Bake for about 25 minutes or until chicken is fully cooked and juices run clear.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	191	Calories from Fat	48
		% Daily Value	
Total Fat	5 g		8%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	73 mg		24%
Sodium	181 mg		12%
Total Carbohydrate	7 g		5%
Dietary Fiber	1 g		1%
Sugars	6 g		
Protein	27 g		
Vitamin A	5%	Calcium	1%
Vitamin C	4%	Iron	8%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Salad (#63)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed, cubed
3 celery stalks, chopped
2 onions, chopped
2 cups mayonnaise, low fat
2 tsp ground black pepper
2 tsp garlic cloves, minced
1 tsp paprika
1 tsp parsley

Directions

1. Cook chicken and garlic in a small amount of water on top of stove over medium heat until fully cooked and juices run clear.
2. Let chicken cool then dice into small cubes.
3. Combine chicken, celery, onions, ground black pepper and mayonnaise. Mix well.
4. Garnish with paprika and parsley.
5. If desired, serve with lettuce and tomato.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		208	Calories from Fat 85
		% Daily Value	
Total Fat	4 g		15%
Saturated Fat	2 g		9%
Trans Fat	0 g		
Cholesterol	79 mg		26%
Sodium	195 mg		12%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		1%
Sugars	1 g		
Protein	27 g		
Vitamin A	14%	Calcium	2%
Vitamin C	1%	Iron	13%

Recommendations & Requirements

Note: This recipe may count towards the side dish component of the menu and is a good source of protein.



Chicken Teriyaki (#72)

Yield: 25 servings
Serving size: 1 chicken leg quarter

Ingredients

11 lbs chicken leg quarter-raw, meat & skin, bone in
6 Tbsp margarine, trans-fat free, unsalted
¼ cup orange juice
1 cup teriyaki sauce, low sodium
½ cup brown sugar
2 Tbsp garlic powder
3 Tbsp ginger

Directions

1. Preheat oven to 350°F.
2. Combine all ingredients and drizzle over chicken. This can be done the night before for a better flavor.
3. Chicken should be baked uncovered for 1 hour, basting frequently.
4. Test for doneness, making sure there is no pink left in the meat. Let cool slightly.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		248	Calories from Fat 140
		% Daily Value	
Total Fat	16 g		25%
Saturated Fat	4 g		19%
Trans Fat	0 g		
Cholesterol	77 mg		26%
Sodium	257 mg		16%
Total Carbohydrate	3 g		2%
Dietary Fiber	1 g		1%
Sugars	2 g		
Protein	23 g		
Vitamin A	20%	Calcium	1%
Vitamin C	1%	Iron	19%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses teriyaki sauce that contains 161 mg of sodium per serving. Using teriyaki sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Parmesan (#73)

Yield: 25 servings
Serving size: Approximately 3-4 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 cup mozzarella cheese, low sodium, shredded
1 ½ cups parmesan cheese, grated
2 cups canned tomato sauce, low sodium

Directions

1. Preheat oven to 400°F.
2. Place chicken in shallow baking dish. Top with tomato sauce. Sprinkle with shredded mozzarella cheese and grated parmesan.
3. Bake for 25 minutes or until done.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	180	Calories from Fat	47
% Daily Value			
Total Fat	5 g		8%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	79 mg		26%
Sodium	143 mg		9%
Total Carbohydrate	2 g		2%
Dietary Fiber	1 g		2%
Sugars	1 g		
Protein	30 g		
Vitamin A	20%	Calcium	8%
Vitamin C	1%	Iron	12%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Tahitian (#82)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
½ lb trans fat free margarine
1 ½ cups orange juice
¾ cup soybean oil
1 Tbsp soy sauce, low sodium
1 Tbsp ground ginger

Directions

1. Preheat oven to 325°F.
2. Add soybean oil in baking pans.
3. Arrange chicken in single layers on the pan.
4. Brown in oven for 30 minutes.
5. Combine orange juice, margarine, ginger and soy sauce.
6. Brush chicken with mixture.
7. Bake for 30 - 40 minutes.
8. Baste with orange mixture until chicken is glazed.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	273	Calories from Fat	154
		% Daily Value	
Total Fat	17 g		27%
Saturated Fat	5 g		22%
Trans Fat	0 g		
Cholesterol	76 mg		24%
Sodium	86 mg		5%
Total Carbohydrate	2 g		1%
Dietary Fiber	0 g		0%
Sugars	1 g		
Protein	27 g		
Vitamin A	5%	Calcium	1%
Vitamin C	8%	Iron	12%

Recommendations & Requirements

Recommendations

- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Chunks w/ Red Sauce (#96)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 ½ cups onions, chopped
1 green bell pepper, chopped
2 ½ cups canned tomato sauce, low sodium
½ cup vegetable oil
3 Tbsp cooking wine
¼ tsp bay leaf
2 Tbsp garlic, minced
1 Tbsp oregano

Directions

1. Heat vegetable oil over medium heat in a large roasting pan. Brown chicken on all sides in hot oil, about 10 minutes. Remove chicken and drain off excess grease.
2. Add chopped onions, peppers and garlic to hot roasting pan, sauté until onions are tender.
3. Stir in tomato sauce, cooking wine, oregano and bay leaf. Add chicken back to sauce and bring to a boil. Reduce heat, cover and simmer for about 45 minutes or until chicken is tender.
4. Discard bay leaf and serve with hot cooked spaghetti.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	197	Calories from Fat	68
		% Daily Value	
Total Fat	8 g		12%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	83 mg		5%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	27 g		
Vitamin A	19%	Calcium	2%
Vitamin C	7%	Iron	12%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Southwest Turkey Loaf (#123)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

6.75 lbs ground turkey-raw
15 eggs
1 ½ cups corn, frozen
½ cup onions
1 green pepper, chopped
32 oz canned crushed tomatoes
¼ cup Worcestershire sauce
2 Tbsp ground black pepper
2 Tbsp chili powder
2 Tbsp dijon mustard
1 ½ garlic cloves, minced
¼ cup water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		245	Calories from Fat 107
		% Daily Value	
Total Fat	12 g		19%
Saturated Fat	3 g		15%
Trans Fat	0 g		
Cholesterol	191 mg		64%
Sodium	264 mg		17%
Total Carbohydrate	6 g		5%
Dietary Fiber	1 g		5%
Sugars	2 g		
Protein	28 g		
Vitamin A	65%	Calcium	4%
Vitamin C	9%	Iron	31%

Directions

1. Preheat oven to 325°F.
2. In mixer, on low speed, mix all ingredients together.
3. Leaving fat cleaning to bowl, remove mixture and press into two loaves, 5x9 inch pans.
4. Bake for approximately 1 ½ hours, or until internal temperature reaches 180°F.

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses ground turkey that is 93% lean. Using ground turkey that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses canned crushed tomatoes that contain 290 mg of sodium per serving. Using canned crushed tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned crushed tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Stew (#132)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 lb potatoes, diced
53 oz canned tomato sauce, low sodium
1 cup sofrito (DFTA #40)
1 ½ chicken bouillon cubes
1 tsp ground black pepper
1 garlic clove, minced
Water

Directions

1. In a large stock pot, mix the tomato sauce, sofrito, chicken bouillon cubes, minced garlic, ground black pepper and the potatoes.
2. Cut chicken breast into bite sized pieces. Add into pot. Add enough water to cover the chicken.
3. Cook for approximately 1-2 hours on medium-low heat.
4. Stir frequently and allow potatoes to thicken the stew.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		Calories from Fat 30	
		% Daily Value	
Total Fat	3 g		15%
Saturated Fat	1 g		13%
Trans Fat	0 g		
Cholesterol	72 mg		72%
Sodium	75 mg		14%
Total Carbohydrate	7 g		17%
Dietary Fiber	1 g		5%
Sugars	2 g		
Protein	28 g		
Vitamin A	40%	Calcium	1%
Vitamin C	14%	Iron	8%

Recommendations & Requirements

Recommendations

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses canned tomato sauce that contains 145 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Fricassee (#133)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
 ½ cup carrots, sliced
 ½ cup celery, chopped
 ½ cup chicken broth, low sodium
 1 Tbsp vegetable oil
 2 Tbsp distilled vinegar
 2 Tbsp Worcestershire sauce
 2 tsp bay leaves
 2 Tbsp cornstarch
 2 Tbsp Mrs. Dash seasoning
 1 Tbsp garlic clove, minced
 1 Tbsp garlic powder
 1 Tbsp onion powder
 1 Tbsp paprika
 2 Tbsp thyme
 20 oz water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	149	Calories from Fat	33
			% Daily Value
Total Fat	4 g		6%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	82 mg		5%
Total Carbohydrate	2 g		2%
Dietary Fiber	1 g		1%
Sugars	0 g		
Protein	27 g		
Vitamin A	64%	Calcium	2%
Vitamin C	1%	Iron	14%

Directions

1. Prepare chicken on the previous day. Wash chicken with lemon juice and prepare seasoning.
2. Season chicken with 4 oz of water, chicken broth, garlic powder, onion powder, garlic clove, thyme, paprika, Mrs. Dash seasoning, distilled vinegar, vegetable oil, Worcestershire sauce, carrots, celery and bay leaves.
3. Refrigerate until the following day.
4. In a large pot place seasoned chicken and 16 oz of water and cook for 2 hours.
5. Once cooked, mix corn starch and 2 oz of cold water in a small bowl and stir into chicken for 5 minutes. Remove from heat and serve immediately.

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Breaded Chicken Breast (#136)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 ½ cups breadcrumbs, plain
¼ cup vegetable oil
1 Tbsp distilled vinegar
1 tsp Mrs. Dash seasoning
2 ½ garlic cloves, minced
1 oz parsley
1 tsp thyme
1 tsp oregano

Directions

1. Preheat oven to 350°F.
2. Prepare the chicken with all ingredients, except breadcrumbs, the day before.
3. Refrigerate to let marinate overnight.
4. The next day, set aside a bowl of breadcrumbs.
5. Spray a baking tray with nonstick cooking spray.
6. Bread each piece of chicken and place on baking tray and cover with aluminum foil.
7. Bake for 2 ½ hours or until juices run clear.
8. Serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		187	Calories from Fat 51
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	111 mg		7%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		1%
Sugars	0 g		
Protein	27 g		
Vitamin A	13%	Calcium	2%
Vitamin C	2%	Iron	16%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken Stir Fry (#137)

Yield: 25 servings
Serving size: Approximately 8 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
4 lbs broccoli, chopped
1.5 lbs carrots, grated
½ cup soy sauce, low sodium
½ cup vegetable oil
1 Tbsp brown sugar
1 Tbsp garlic clove, minced

Directions

1. Heat vegetable oil in a large pan over low heat.
2. Cut chicken into ¼ inch strips.
3. Turn heat to medium high and add chicken, brown sugar, soy sauce, and minced garlic.
4. Stir fry chicken until it is cooked through.
5. Add chopped broccoli and carrot strips into pan. Cook until it is heated through.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories 228		Calories from Fat 71	
		% Daily Value	
Total Fat	8 g		13%
Saturated Fat	2 g		7%
Trans Fat	0 g		
Cholesterol	76 mg		24%
Sodium	276 mg		18%
Total Carbohydrate	10 g		8%
Dietary Fiber	3 g		10%
Sugars	5 g		
Protein	29 g		
Vitamin A	607%	Calcium	4%
Vitamin C	44%	Iron	18%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée and vegetable (1 serving) component of the menu and is a good source of protein and fiber.



Turkey Burger with Swiss Cheese (#139)

Yield: 25 servings

Serving size: 1 burger, approximately 3 oz

Ingredients

6.75 lbs ground turkey- raw, lean
 ½ cup onions, chopped
 25 oz (1 oz slices) Swiss cheese, low fat
 2/3 cup bread crumbs, plain
 ¼ cup garlic cloves, minced
 1/3 cup parsley, dried

Directions

1. Preheat oven to 350°F.
2. In a bowl, combine ground turkey, onions, bread crumbs, minced garlic and parsley. Mix well.
3. Shape into 25- ¾ inch thick patties.
4. Bake until juices run clear.
5. Top each burger with one slice of Swiss cheese. Cook until cheese is melted.
6. If desired, serve with lettuce and tomato.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		295	Calories from Fat 152
		% Daily Value	
Total Fat	17 g		27%
Saturated Fat	7 g		35%
Trans Fat	0 g		
Cholesterol	105 mg		35%
Sodium	142 mg		9%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		1%
Sugars	1 g		
Protein	32 g		
Vitamin A	34%	Calcium	22%
Vitamin C	1%	Iron	19%

Recommendations & Requirements

Recommendations

- 🍏 For 2 servings of grains, serve with a whole wheat bun.
- 🍏 This recipe uses ground turkey that is 93% lean. Using ground turkey that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍏 Whole wheat buns should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Chicken with Peach Sauce (#141)

Yield: 25 servings
Serving size: 1 chicken leg quarter

Ingredients

10.5 lb chicken leg quarters, bone-in skin removed
1 cup onions, chopped
2 # 10 cans peach halves, in juice
½ lb trans fat free margarine
¼ cup brown sugar
½ cup all purpose flour
½ cup orange juice
¼ cup distilled vinegar
1 Tbsp basil
2 Tbsp ground black pepper

Directions

1. Preheat oven to 325°F.
2. Combine orange juice, vinegar, peach halves, brown sugar, basil, chopped onions and ground black pepper.
3. Cook over low heat for 20 minutes. Set aside.
4. Dust chicken pieces with all purpose flour on both sides.
5. Melt margarine in a pan, brown chicken on both sides for about 15 minutes.
6. Pour peach sauce over chicken.
7. Cover and bake until chicken is fork tender.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		290	Calories from Fat 117
		% Daily Value	
Total Fat	13 g		21%
Saturated Fat	3 g		14%
Trans Fat	0 g		
Cholesterol	64 mg		21%
Sodium	142 mg		9%
Total Carbohydrate	24 g		18%
Dietary Fiber	3 g		10%
Sugars	18 g		
Protein	21 g		
Vitamin A	87%	Calcium	3%
Vitamin C	10%	Iron	24%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and fiber.



Yellow Plantain Spanish Style Sheppard's Pie w/ Chicken (#186)

Yield: 25 servings
Serving size: Approximately 10 oz

Ingredients

6.75 lbs ground chicken-raw, 85% lean
8 eggs (discard 4 yolks)
6.25 lbs plantains
1.5 lbs mozzarella cheese, low fat, shredded
1 lb ricotta cheese, low fat
Nonstick cooking spray

Directions

1. Peel plantains and rinse in cold water.
2. Place in pot, add water to cover plantains and boil for approximately 2 hours.
3. Remove from boiling water and place in mixer.
4. Blend until desired consistency is reached.
5. Spray trays with nonstick cooking spray.
6. Place ½ of plantain mixture on trays and evenly spread.
7. Place ground chicken, ricotta cheese, and mozzarella cheese over plantains.
8. Spread a second layer of plantain mixture over chicken and cheese.
9. Cover with egg mixture and sprinkle a little cheese over layer.
10. Cook for 1 1/2 hours and cut 10 oz pieces to serve.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	349	Calories from Fat	152
			% Daily Value
Total Fat	17 g		27%
Saturated Fat	7 g		33%
Trans Fat	0 g		
Cholesterol	141 mg		47%
Sodium	129 mg		8%
Total Carbohydrate	24 g		18%
Dietary Fiber	2 g		6%
Sugars	11 g		
Protein	30 g		
Vitamin A	96%	Calcium	21%
Vitamin C	8%	Iron	24%

Recommendations & Requirements

Note: This recipe may count towards the entrée and vegetable (1 serving) component of the menu and is a good source of protein and fiber.



Baked Chicken Breasts (#204)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
4 cups breadcrumbs, plain
 $\frac{3}{4}$ cup lemon juice
3 $\frac{3}{4}$ cups yogurt, non-fat, plain
 $\frac{3}{4}$ Tbsp ground black pepper
1 $\frac{1}{2}$ Tbsp celery seed
3 garlic cloves, minced
1 $\frac{1}{2}$ Tbsp paprika
2 Tbsp Worcestershire sauce

Directions

1. Preheat oven to 350°F.
2. In a large bowl combine all ingredients except chicken and breadcrumbs. Place chicken in the mixture and turn to coat.
3. Cover and marinate overnight in the refrigerator.
4. Remove chicken from marinade; coat each piece with bread crumbs.
5. Arrange on a lightly greased shallow baking pan.
6. Bake uncovered for 45 minutes or until juices run clear.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	235	Calories from Fat	38
% Daily Value			
Total Fat	4 g		7%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	76 mg		24%
Sodium	306 mg		15%
Total Carbohydrate	17 g		13%
Dietary Fiber	1 g		4%
Sugars	4 g		
Protein	31 g		
Vitamin A	23%	Calcium	11%
Vitamin C	4%	Iron	26%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked Asian Style Honey Chicken (#221)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 cup green onion, chopped
 $\frac{3}{4}$ cup onion, chopped
 $\frac{1}{3}$ cup honey
1 Tbsp soy sauce, low sodium
 $\frac{1}{2}$ cup ginger root

Directions

1. Preheat oven to 425°F.
2. To marinate chicken, combine onions, soy sauce, ginger, and honey in a dish. Spoon over chicken.
3. Cover dish and refrigerate for 1 hour, turning pieces once.
4. Bake chicken for 65 minutes.
5. Turn pieces over and top with green onions. Continue baking for approximately 10-15 more minutes or until chicken is tender and juices run clear.

Nutrition Facts

Serving Size: 1 serving

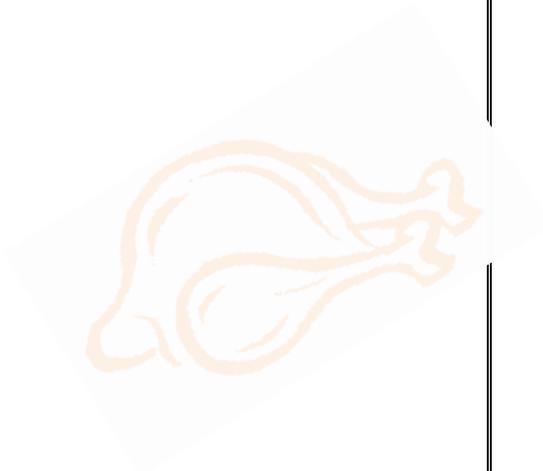
Amount Per Serving			
Calories		159	Calories from Fat 28
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	87 mg		5%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		1%
Sugars	4 g		
Protein	27 g		
Vitamin A	6%	Calcium	1%
Vitamin C	1%	Iron	12%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Orange Glazed Chicken (#223)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
2 ½ Tbsp dijon mustard
5 Tbsp vegetable oil
5 garlic cloves
Ground black pepper to taste
¾ cup lemon zest

Glaze

1 ½ cups onion, chopped
¾ cup dijon mustard
1 cup honey
5 cups orange juice
¼ cup ground ginger
Ground black pepper to taste

Directions

1. Preheat oven to 425°F.
2. Combine dijon mustard, vegetable oil, lemon zest, garlic and ground black pepper. Spoon over chicken.
3. Cover dish and refrigerate for 1 hour, turning pieces once.
4. Bake chicken for 65 minutes.
5. Combine ingredients for glaze in a bowl.
6. Turn pieces over and top with glaze. Continue baking for approximately 10-15 more minutes or until chicken is tender and juices run clear.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		237	Calories from Fat 53
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	265 mg		17%
Total Carbohydrate	18 g		14%
Dietary Fiber	1 g		3%
Sugars	16 g		
Protein	27 g		
Vitamin A	13%	Calcium	2%
Vitamin C	33%	Iron	15%



Italian Roast Chicken (#225)

Yield: 25 servings
Serving size: 1 chicken leg quarter

Ingredients

10.5 lbs chicken leg quarter-raw, bone-in, skin removed
1 lb onion, chopped
10 cups chicken broth, low sodium
Nonstick cooking spray
1 ½ tsp ground black pepper
5 garlic cloves
1 ½ cups oregano
2 tsp parsley, chopped
1 ½ tsp rosemary
1 ½ tsp thyme

Directions

1. Preheat oven to 375°F.
2. Wash chicken and pat dry with paper towel.
3. Coat skillet with nonstick cooking spray. Add whole cloves of garlic and chopped onion.
4. Sprinkle ground black pepper on chicken. Brown evenly on both sides in the pan.
5. Transfer browned chicken and onion into a baking pan.
6. Combine herbs and chicken broth. Sprinkle mixture over chicken (both sides).
7. Roast chicken for about 50 minutes or until tender and juices run clear.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	189	Calories from Fat	74
		% Daily Value	
Total Fat	8 g		13%
Saturated Fat	2 g		11%
Trans Fat	0 g		
Cholesterol	64 mg		21%
Sodium	112 mg		7%
Total Carbohydrate	7 g		5%
Dietary Fiber	3 g		9%
Sugars	1 g		
Protein	22 g		
Vitamin A	16%	Calcium	9%
Vitamin C	2%	Iron	41%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and fiber.



Chicken Scallopini (#227)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
2 ½ cups breadcrumbs, seasoned
5 eggs
2 ½ cups chicken broth, low sodium
5 tsp lemon juice
1 Tbsp trans fat free margarine
Nonstick cooking spray
1 cup white wine
1 ¼ cups ground black pepper
2 Tbsp capers, drained

Directions

1. Beat eggs with a fork until white and yolk are blended.
2. Sprinkle bread crumbs on a sheet of waxed paper.
3. Dip chicken into egg and then roll in crumbs, coating both sides of chicken.
4. Add margarine and chicken to a large skillet over medium-high heat and sauté 4 minutes on each side, until golden brown.
5. Combine chicken broth, lemon juice, white wine, ground black pepper and capers in a bowl.
6. Pour sauce around the meat.
7. Bring sauce to a boil and reduce heat, simmering for approximately 5 minutes.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	223	Calories from Fat	45
			% Daily Value
Total Fat	5 g		8%
Saturated Fat	1 g		7%
Trans Fat	0 g		
Cholesterol	110 mg		36%
Sodium	186 mg		12%
Total Carbohydrate	12 g		9%
Dietary Fiber	2 g		6%
Sugars	1 g		
Protein	30 g		
Vitamin A	11%	Calcium	5%
Vitamin C	0%	Iron	27%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Spanish Chicken w/ Potatoes & Garlic (#232)

Yield: 25 servings

Serving size: 1 chicken leg quarter and ½ cup potatoes

Ingredients

11.25 lbs chicken leg quarter-raw, meat & skin, bone in
 5 lbs red potatoes, quartered
 ¾ cup vegetable oil
 1/3 cup cider vinegar
 6 garlic cloves, minced
 1 cup thyme
 3 cups water

Directions

1. Preheat oven to 350°F.
2. Heat vegetable oil in a wide ovenproof pan that can take the chicken in a single layer. Season the chicken well then brown on all sides in batches.
3. Put potatoes evenly on the bottom of the pan. Add the garlic, thyme and seasoning and stir to evenly coat. Put the chicken on top, skin up, add the vinegar and water. Bring to a boil.
4. When it starts to boil move the pan to the oven uncovered for 45-50 minutes.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	396	Calories from Fat	181
			% Daily Value
Total Fat	20 g		32%
Saturated Fat	5 g		21%
Trans Fat	0 g		
Cholesterol	75 mg		26%
Sodium	87 mg		6%
Total Carbohydrate	20 g		16%
Dietary Fiber	2 g		6%
Sugars	2 g		
Protein	24 g		
Vitamin A	27%	Calcium	3%
Vitamin C	15%	Iron	27%

Recommendations & Requirements*Recommendations*

- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée vegetable (1 serving) components of the menu and is a good source of protein.



Chicken Meatballs with Carrot Sauce (#234)

Yield: 25 servings
Serving size: 2 meatballs

Ingredients

6.75 lbs ground chicken-raw, 85% lean
5 eggs
2 onions, chopped
¼ cup vegetable oil
2 Tbsp all purpose flour
2 garlic cloves, minced

Carrot Sauce Ingredients

1 lb carrots, shredded
2 onions, chopped
2 green peppers, chopped
1 cup canned tomato puree, low sodium
¼ cup vegetable oil
4 garlic cloves, minced

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	238	Calories from Fat	144
		% Daily Value	
Total Fat	16 g		25%
Saturated Fat	54g		18%
Trans Fat	0 g		
Cholesterol	128 mg		43%
Sodium	90 mg		6%
Total Carbohydrate	6 g		4%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	20 g		
Vitamin A	378%	Calcium	3%
Vitamin C	13%	Iron	23%

Directions

1. Chop 2 garlic cloves and mix together with the beaten egg and ground chicken.
2. Make small meatballs and dust each one with all purpose flour and brown lightly in a frying pan.

Directions-Sauce

1. Chop the onion, garlic, green pepper and carrots into thin strips with a little vegetable oil.
2. Mix the vegetables, add the tomato puree and smother again with water until completely covered.
3. Boil for 5 minutes; put all the vegetables through the food processor.
4. Add the meatballs to sauce and simmer until they are cooked (about 15 minutes) under medium heat.

Recommendations & Requirements

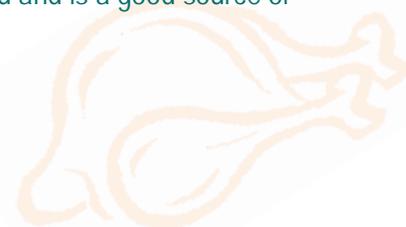
Recommendations

- 🍏 This recipe uses canned tomato puree that contains 70 mg of sodium per serving. Using canned tomato puree that contains higher amounts of sodium per serving may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned tomato puree should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Tangy Spanish Chicken Breast (#236)

Yield: 25 servings
Serving size: 1 chicken breast

Ingredients

9 lbs chicken breast-raw, bone-in, skin removed **OR** 6.5 lbs chicken breast-raw, bone & skin removed
3 lbs onions, chopped
25 dates, chopped
10 cups chicken broth, low sodium
1 cup vegetable oil, divided
25 garlic cloves, minced
½ tsp garlic powder

Directions

1. Preheat oven to 325°F.
2. Wash and dry chicken.
3. Heat vegetable oil in a skillet. Mix in onions and garlic. Cook until onions are translucent.
4. Mix in dates. Pour in the chicken broth and bring to a boil.
5. Reduce to heat to low and simmer for 10 minutes.
6. Put chicken in deep oven pan and season with garlic powder.
7. Evenly pour the chicken broth over the chicken.
8. Cover and continue cooking for 1 hour or until juices run clear.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	280	Calories from Fat	112
			% Daily Value
Total Fat	12 g		20%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	94 mg		6%
Total Carbohydrate	13 g		10%
Dietary Fiber	1 g		5%
Sugars	8 g		
Protein	29 g		
Vitamin A	2%	Calcium	3%
Vitamin C	4%	Iron	16%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked Mushroom Chicken (#241)

Yield: 25 servings
Serving size: 1 chicken leg quarter

Ingredients

10.5 lbs chicken leg quarter-raw, bone-in, skin removed
1 cup mushrooms, sliced
1/3 cup onions, chopped

Directions

1. Preheat oven to 350°F.
2. Wash chicken and pat dry with paper towel.
3. Combine all ingredients in a baking pan.
4. Bake covered with foil for 1 hour.
5. Remove foil and bake for an additional 15 minutes.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	153	Calories from Fat	67
			% Daily Value
Total Fat	8 g		12%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	64 mg		21%
Sodium	81 mg		5%
Total Carbohydrate	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	20 g		
Vitamin A	5%	Calcium	1%
Vitamin C	0%	Iron	14%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Citrus Marinated Chicken (#242)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs chicken breast-raw, bone & skin removed
1 cup orange juice
 $\frac{3}{4}$ cup vegetable oil
1 Tbsp cilantro, chopped
 $\frac{1}{3}$ cup lime juice
1 Tbsp orange peel

Directions

1. Mix orange juice, orange peel, lime juice and cilantro in a small bowl.
2. Place chicken in a large resealable plastic bag or dish.
3. Add marinade; turn to coat well.
4. Refrigerate for 15 minutes or longer for extra flavor.
5. Remove chicken from marinade and discard any remaining.
6. Broil or grill over medium-high heat 6-8 minutes per side or until chicken is cooked through and juices run clear.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories 203		Calories from Fat 86	
		% Daily Value	
Total Fat	10 g		15%
Saturated Fat	1 g		7%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	63 mg		4%
Total Carbohydrate	1 g		1%
Dietary Fiber	0 g		0%
Sugars	1 g		
Protein	27 g		
Vitamin A	5%	Calcium	1%
Vitamin C	7%	Iron	11%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Hometown Turkey Meatloaf (#254)

Yield: 25 servings

Serving size: Approximately 4 oz meatloaf

Ingredients

6.75 lbs ground turkey breast-raw, lean
 3 ¼ cups oatmeal
 12 egg whites
 3 ¼ cups onions, chopped
 ¾ cup ketchup
 52 oz canned tomato sauce, low sodium
 1/3 cup vegetable oil
 2 Tbsp Worcestershire sauce
 2 garlic cloves, minced
 3 Tbsp Italian Seasoning

Directions

1. Preheat the oven to 350°F.
2. Combine the ketchup, about 1/3 of the tomato sauce and 2 Tbsp of the vegetable oil in a small bowl and set aside.
3. Combine remaining ingredients in a large bowl.
4. On a baking sheet, shape turkey mixture into 25 individual meatloaf ovals, about 3 inches x 4 ½ inches and bake for 30 minutes.
5. Using the back of a spoon evenly spread the sauce over the top and sides. Let stand for 5 minutes before serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories 282		Calories from Fat 115	
		% Daily Value	
Total Fat	13 g		20%
Saturated Fat	3g		13%
Trans Fat	0 g		
Cholesterol	79 mg		26%
Sodium	220 mg		14%
Total Carbohydrate	16 g		12%
Dietary Fiber	3 g		11%
Sugars	6 g		
Protein	27 g		
Vitamin A	46%	Calcium	3%
Vitamin C	7%	Iron	23%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses ground turkey that is 93% lean. Using ground turkey that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and fiber.



Chicken Spaghetti Casserole (#264)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

5.25 lbs chicken breast-raw, bone & skin removed
25 oz spaghetti, uncooked
1 lb cheddar cheese, shredded
1 ½ cups mushrooms
1 ½ cups peas, frozen
¾ cup pimentos, diced
3-5 cups chicken broth, low sodium

Directions

1. Preheat oven to 325°F.
2. Clean and cook chicken breast.
3. Drain chicken breast, remove skin, and cut into large chunks.
4. Cook spaghetti to al dente, following the instructions on the box.
5. Sauté mushrooms and mix in all ingredients, except for the chicken broth.
6. Put casserole in a large roaster or electric roaster bake for 1 ½ hours.
7. Add chicken broth as needed to desired consistency.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	304	Calories from Fat	87
		% Daily Value	
Total Fat	10 g		15%
Saturated Fat	5 g		22%
Trans Fat	0 g		
Cholesterol	77 mg		26%
Sodium	195 mg		12%
Total Carbohydrate	21 g		17%
Dietary Fiber	3 g		9%
Sugars	2 g		
Protein	32 g		
Vitamin A	62%	Calcium	13%
Vitamin C	8%	Iron	31%

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use whole wheat spaghetti.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe and therefore may not meet nutritional guidelines.

Note: This recipe may count towards the entrée and grain (1 serving) components of the menu and is a good source of protein and fiber.



Sunny Mediterranean Chicken (#266)

Yield: 25 servings

Serving size: Approximately 3 oz chicken, $\frac{3}{4}$ couscous/vegetable mixture**Ingredients**

6.5 lbs chicken breast-raw, bone & skin removed
 5 cups (2 lbs) couscous, uncooked
 3 cups fiber one cereal, original, crushed
 1 $\frac{1}{2}$ cups eggplant, diced
 1 red onion
 1 $\frac{1}{2}$ cups roasted red peppers
 1 $\frac{1}{2}$ cups zucchini, diced
 2 limes, sliced
 $\frac{1}{4}$ cup lime juice
 3 cups milk, nonfat
 $\frac{1}{3}$ cup vegetable oil
 Ground black pepper to taste
 2 garlic cloves, minced

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	342	Calories from Fat	64
		% Daily Value	
Total Fat	7 g		11%
Saturated Fat	1 g		6%
Trans Fat	0 g		
Cholesterol	73 mg		24%
Sodium	147 mg		9%
Total Carbohydrate	38 g		30%
Dietary Fiber	6 g		21%
Sugars	3 g		
Protein	33 g		
Vitamin A	11%	Calcium	8%
Vitamin C	6%	Iron	31%

Directions

1. Place cereal in a re-sealable food storage bag; seal bag and crush with rolling pin.
2. Sprinkle both sides of chicken with ground black pepper. In a shallow dish, pour milk, and in another dish, place the cereal.
3. Dip the chicken into milk, then coat with crushed cereal.
4. In a non-stick skillet heat half of the vegetable oil over medium heat.
5. Cook in oil for 15 minutes until juices run clear. Remove from skillet.
6. In the skillet, heat other half of vegetable oil over medium heat.
7. Cook zucchini, eggplant, roasted red peppers, onions and garlic for 3 minutes, stirring occasionally.
8. Stir in lime juice and some water, and cook until vegetables are crispy tender.
9. In another saucepan, cook couscous according to directions on package.
10. On a large serving platter, place couscous and top with chicken and vegetables. Serve with lime wedges.

Recommendations & Requirements

Note: This recipe may count towards the entrée and grain (1 serving) component of the menu and is a good source of protein and high source of fiber.

