



Recipe Name: Smothered Chicken

File No:

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil:	
Servings per Pan:	

Recipe Adapted From:

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Center for Independence



Ingredients	Weight	Measure	Procedure
Chicken, Fajita Strips, Ckd, Frzn, USDA #100117	10 <sup>2</sup> / <sub>3</sub> lbs		1. Preheat oven to 325°F. 2. Spray enough sheet pans to place all of the frozen chicken strips in a single layer onto pan sheet pans. 3. Mix seasonings (garlic powder, onion powder, cayenne pepper, and salt) in a bowl. Sprinkle evenly over the chicken strips. 4. Bake chicken in preheated oven until internal temperatures reaches 165°F. 5. Transfer cooked chicken to steam table pans, cover and keep warm. 6. Make gravy per package directions. Place sliced vegetables on top of chicken, pour cooked gravy over all. 7. Tightly cover pans and return to ovens and bake until internal temperature of 165°F for at least 15 seconds is reached. CCP: Hot hold for service at 135°F or higher.
Garlic Powder		1¼ tsp	
Onion Powder		1¼ tsp	
Pepper, Cayenne		1¼ tsp	
Paprika		1¼ tsp	
Salt		1¼ tsp	
Peppers, Bell, Green, Sliced	2 lbs		
Peppers, Bell, Red, Sliced	2 lbs		
Peppers, Bell, Yellow, Sliced	2 lbs		
Onions, Raw, Sliced	2 lbs		
Mushrooms, White, Raw, Sliced	2 lbs		
Gravy, Chicken, Powder	1 package		
Water		Per package	

Meal Component Contribution		
Meat/Meat Alternate: 2 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	1/8 C	
S	O	A
	1/8 C	
Fruit:		
Grains:		
Based on USDA Food Buying Guide-RAW		

Total Yield	
Weight:	
Number of Pans:	
Pan Size:	
Volume:	
Nutrition Analysis Based on Portion Size	
Calories: 150 kcal	
Saturated Fat (g): 2.09 g	
Sodium (mg): 763.98 mg	
Calculated using NutriKids	

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
S - starchy O - other A - additional