

# Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	4 lb 13 oz OR 5 lb 9 oz OR 4 lb 6 oz OR 5 lb 7 oz	24 servings OR 24 servings OR 24 servings OR 24 servings	9 lb 10 oz OR 11 lb 2 oz OR 8 lb 12 oz OR 10 lb 14 oz	48 servings OR 48 servings OR 48 servings OR 48 servings	<p>1. Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"), which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.</p> <p>2. Combine garlic salt, paprika, and celery salt. Sprinkle 1 ½ Tbsp evenly over each pan.</p> <p>3. Bake: Conventional oven: 375° F for 30 minutes Convection oven: 350° F for 25 minutes  CCP: Heat to 165° F or higher.  Reserve for step 6.</p> <p>4. In a separate bowl, combine onions, green peppers, parsley, tomatoes, chili powder, white rice, and chicken stock. Place 1 lb 7 oz into each pan (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover pans.</p>
Garlic salt		1 Tbsp		2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Celery salt		1 Tbsp		2 Tbsp	
*Fresh onions, minced OR Dehydrated onion	5 oz	¾ cup OR ¼ cup 2 Tbsp	10 oz	1 ⅓ cups OR ¾ cup	
*Fresh green peppers, diced	3 oz	½ cup	6 oz	1 cup	
Dried parsley		1 Tbsp		2 Tbsp	
Canned diced tomatoes, drained	7 oz	1 cup	14 oz	2 cups	
Chili powder		1 Tbsp		2 Tbsp	

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Enriched white rice, medium grain	15 oz	2 cups	1 lb 14 oz	1 qt	<p>5. Bake:            Conventional oven: 350° F for 30 minutes            Convection oven: 325° F for 30 minutes</p> <p>CCP: Heat to 165° F or higher.</p> <p>6. Remove chicken from bone. Evenly distribute 1 lb 1 ¼ oz of chicken into each pan of rice.</p> <p>7. CCP: Hold for hot service at 140° F or warmer.</p> <p>Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.</p>
Chicken stock, non-MSG		1 qt		2 qt	

Note: The weights given provide an average of 24 and 48 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	6 oz	12 oz
Green peppers	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 1 ½ oz of cooked poultry and the equivalent of ½ slice of bread.	<b>24 Servings:</b> 24 pieces	<b>24 Servings:</b> 2 pans
	<b>48 Servings:</b> 48 pieces	<b>48 Servings:</b> 4 pans
Edited 2014		

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## Nutrients Per Serving

<b>Calories</b>	146	<b>Saturated Fat</b>	0.69 g	<b>Iron</b>	1.52 mg
<b>Protein</b>	13.58 g	<b>Cholesterol</b>	40 mg	<b>Calcium</b>	13 mg
<b>Carbohydrate</b>	15.84 g	<b>Vitamin A</b>	410 IU	<b>Sodium</b>	329 mg
<b>Total Fat</b>	2.68 g	<b>Vitamin C</b>	4.3 mg	<b>Dietary Fiber</b>	0.6 g

Nutrients are based on 1 drumstick without skin.