


# Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Meat-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-60r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	2. Place 3 lb brown rice in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 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		1 tsp		2 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		2 Tbsp 1 tsp		¼ cup 2 tsp	
Fresh cilantro, chopped		¼ cup		½ cup	
Canola oil		½ cup		1 cup	7. Heat oil. Sauté onions for 2-3 minutes. For 25 servings, use a large stock pot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 ¼ cups	
Frozen, cooked fajita chicken strips, thawed	4 lb	1 gal	8 lb	2 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"	4 lb	3 qt 1 cup	8 lb	1 gal 2 ½ qt	
*Fresh red bell peppers, diced ½"	1 lb	3 cups	2 lb	1 qt 2 cups	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	2 lb	1 qt 1 ½ cups	4 lb	2 qt 3 cups	
Canned, diced green chilies	1 lb	2 cups (½ No. 10 can)	2 lb	1 qt (1 No. 10 can)	

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

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	Weight	Measure	Weight	Measure	
Canned low-sodium diced tomatoes	1 lb 2 oz	2 ¼ cups (¼ No. 10 can)	2 lb 4 oz	1 qt ½ cup (½ No. 10 can)	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Ground cumin		1 Tbsp		2 Tbsp	
Garlic powder		2 tsp		1 Tbsp 1 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, ⅔ cup red/orange vegetable, ⅓ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 12 lb 12 oz stir-fry about 6 lb brown rice	25 Servings: about 1 gallon 2 quarts stir-fry about 3 quarts brown rice
	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

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Butternut squash	4 lb 13 oz	9 lb 10 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz

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	Sodium	574.40 mg
Total Fat	10.01 g		(359.04 RAE)	Dietary Fiber	7.06 g
		Vitamin C	44.16 mg		

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