

Poultry

Chicken A La King

Number of Portions: 70

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

| | |
|--|---|
| Cooked Chicken, boneless, cubed | 5 lb. (approximately 7 1/4 lb. uncooked) |
| Monterey Jack or Colby Cheese shredded | 2 lb. |
| Cream of Mushroom Soup | 2 (50 oz.) cans |
| Milk | 3/4 gal. |
| Onions, chopped | 1 cup |
| Garlic Powder and Black Pepper | to taste |

Combine all ingredients together in a large stock pot and simmer on low for 30 minutes. Serve over rice or a biscuit.



"I'm the king
of chicken!"

Calories, 147

Cholesterol, 45 Mg

Sodium, 256 Mg

Dietary Fiber, 0.1 G

Iron, 1 Mg

Calcium, 123 Mg

Vitamin A, 47 RE

Vitamin C, 1 Mg

Protein, 13.4 G

Carbohydrates, 3 G

Total Fat, 8.9 G

Saturated Fat, 4.1 G

Chicken Fingers with Honey Mustard

Number of Portions: 9

Size of Portion: approximately 3 pieces

Meal Pattern Contribution:
1½ oz. Meat/Meat Alternate

INGREDIENTS

| | |
|-------------------------------------|--------|
| Chicken Breasts, skinless, boneless | 1½ lb. |
| Flour, all-purpose | 1 cup |
| Salt | ½ tsp. |
| Black Pepper | ¼ tsp. |
| Milk | ¾ cup |
| Vegetable Oil for frying | ½ cup |

Cut chicken breasts into finger-sized pieces. Mix flour, salt, and pepper in a shallow bowl. Dip chicken in milk; roll in flour mixture. Heat oil in a heavy skillet over medium-high heat, cook chicken about 3 minutes on each side or until golden brown. Drain on paper towels.

INGREDIENTS

| | |
|---------------|--------------------|
| Honey* | ¾ cup |
| Dijon Mustard | ¼ cup + 2 Tbsp. |

Mix ingredients together. Prepare one day ahead so flavors blend.

Honey Mustard

Number of Portions: 9

Size of Portion: 2 Tbsp.

Meal Pattern Contribution: None

* Honey should never be served to children less than one year of age.

| | | |
|----------------------|-----------------|-----------------------|
| Calories, 346 | Iron, 2 Mg | Protein, 20.2 G |
| Cholesterol, 50 Mg | Calcium, 22 Mg | Carbohydrates, 34.5 G |
| Sodium, 291 Mg | Vitamin A, 4 RE | Total Fat, 14.6 G |
| Dietary Fiber, 0.8 G | Vitamin C, 0 Mg | Saturated Fat, 1.4 G |

Baked Chicken Nuggets

Number of Portions: 25

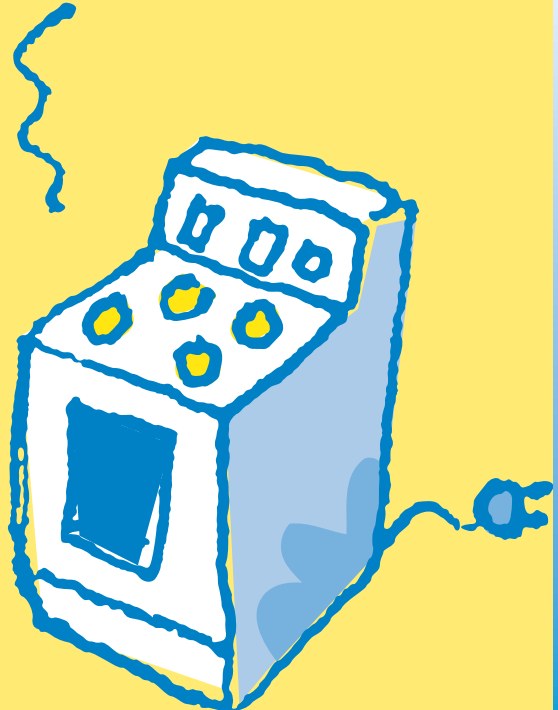
Size of Portion: 4 nuggets

Meal Pattern Contribution:
1½ oz. Meat/Meat Alternate

INGREDIENTS

| | |
|-------------------------------------|----------------|
| Chicken Breasts, skinless, boneless | 6¾ lb. |
| Milk | ½ cup + 1 tsp. |
| Eggs | 4 |
| Cornflakes, crushed | 1¼ cups |

Prepare chicken nuggets by cutting chicken breasts into 100 1 x 1 inch pieces. Preheat oven to 400° F. Whisk milk and eggs together in a small mixing bowl. Place cornflakes in a plastic bag and crush with rolling pin. Dip chicken pieces in egg mixture, and then shake in plastic bag of cornflakes to coat. Place on baking sheet sprayed with non-stick vegetable oil. Bake 15 minutes.



“Instead of frying!”

Calories, 236

Cholesterol, 111 Mg

Sodium, 300 Mg

Dietary Fiber, 0.6 G

Iron, 8 Mg

Calcium, 24 Mg

Vitamin A, 181 RE

Vitamin C, 11 Mg

Protein, 30 G

Carbohydrates, 18.4 G

Total Fat, 4.2 G

Saturated Fat, 1.2 G

Chicken Wings

Number of Portions: 12

Size of Portion: approximately 2 wings,
depending on size of wings
(check Food Buying Guide)

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

| | |
|-------------------------|------------|
| Chicken Wings | 5 lb. |
| Garlic Powder | 1/4 tsp. |
| Soy Sauce | 1/2 cup |
| Balsamic Salad Dressing | 1 1/4 cups |
| Sugar | 1/4 cup |

Spread chicken on a non-stick baking dish or on a dish sprayed with non-stick vegetable oil. Mix garlic powder, soy sauce, salad dressing, and sugar in a bowl. Pour mixture over chicken. Bake at 350° F for 30 minutes. Turn wings half way through baking.

Calories, 313

Cholesterol, 75 Mg

Sodium, 999 Mg

Dietary Fiber, 0 G

Iron, 1 Mg

Calcium, 14 Mg

Vitamin A, 43 RE

Vitamin C, 1 Mg

Protein, 18.6 G

Carbohydrates, 8.5 G

Total Fat, 22.1 G

Saturated Fat, 5.1 G

Curry Chicken

Number of Portions: 50

Size of Portion: 1 leg or thigh

Meal Pattern Contribution:
1½ oz. Meat/Meat Alternate

INGREDIENTS

| | |
|--|-----------|
| Chicken Leg Quarters, with skin and bones | 25 |
| Chicken Broth | 4 cups |
| Curry Powder | 2 tsp. |
| Black Pepper | to taste |
| Garlic Powder | ¼ tsp. |
| Onions chopped | ¼ lb. |
| Corn Starch | 3–6 Tbsp. |
| Water | 1 cup |

Thaw, if frozen, and thoroughly clean chicken. In a saucepan, mix the chicken broth, spices and onions, bring to a boil. In a small bowl, whisk corn starch and water until no lumps remain. Add half corn starch mixture to chicken broth. Cook a few minutes, stirring often. Continue adding corn starch mixture until desired thickness. Remember that corn starch continues to thicken during cooking. Do not over-thicken. Place the chicken leg quarters (skin side down) on sheet pans sprayed with non-stick vegetable oil. Brush on chicken broth mixture. Bake chicken at 375° F for 45–55 minutes until done. Remove chicken from oven. Turn chicken so it is skin side up.

Calories, 162
Cholesterol, 69 Mg
Sodium, 128 Mg
Dietary Fiber, 0.1 G

Iron, 1 Mg
Calcium, 10 Mg
Vitamin A, 30 RE
Vitamin C, 2 Mg

Protein, 15.6 G
Carbohydrates, 0.8 G
Total Fat, 10.3 G
Saturated Fat, 2.8 G

Chicken Stir-Fry for a Large Group

Number of Portions: 50

Size of Portion: 1/3 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

| | |
|---------------------------------|---|
| Cooked Chicken, boneless, cubed | 5 lb. (approximately 7 1/4 lb. uncooked) |
| Soy Sauce | 1/4 cup |
| Ginger | 1/2 tsp. |
| Garlic Powder | 1/2 tsp. |
| White Pepper | 1/4 tsp. |
| Sesame Oil | 2 tsp. |
| Chicken Broth | 1/4 cup |
| Corn Starch | 3–6 Tbsp. |
| Water | 1 cup |

Portion out cubed chicken in baking dishes. In a saucepan, mix soy sauce, spices, oil, and chicken broth; bring to a boil. In a small bowl, whisk corn starch and water until no lumps remain. Add half corn starch mixture to chicken broth. Cook a few minutes, stirring often. Continue adding corn starch mixture until desired thickness. Remember that corn starch continues to thicken during cooking. Do not over-thicken. Continue cooking until sauce is smooth and thick. Pour sauce over chicken, cover and place in a 350° F oven until hot (approximately 25 minutes).

Calories, 91
Cholesterol, 41 Mg
Sodium, 130 Mg
Dietary Fiber, 0 G

Iron, 1 Mg
Calcium, 7 Mg
Vitamin A, 8 RE
Vitamin C, 0 Mg

Protein, 13.2 G
Carbohydrates, 0.6 G
Total Fat, 3.7 G
Saturated Fat, 1 G

Chicken Stir-Fry for a Small Group

Number of Portions: 15

Size of Portions: 1 cup

Meal Pattern Contribution:
2 oz. Meat/Meat Alternate;
1/2 cup Fruit/Vegetable

INGREDIENTS

| | |
|-------------------------------------|-----------|
| Soy Sauce | 1/4 cup |
| Corn Starch | 2 Tbsp. |
| Ginger | 1/4 tsp. |
| Garlic Powder | 1/2 tsp. |
| White Pepper | 1/4 tsp. |
| Chicken Broth | 2 1/4 cup |
| Carrots, peeled, sliced | 1 1/2 lb. |
| Onions, chopped | 1 cup |
| Broccoli, fresh, chopped | 1 1/2 lb. |
| Chicken Breasts, boneless, skinless | 2 1/2 lb. |
| Vegetable Oil | 2 Tbsp. |

Dissolve corn starch in soy sauce. Add spices. Heat chicken broth to a boil and slowly stir in corn starch mixture. Return to a simmer. Cook for 3–5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil for 4 minutes. Add diced onions, cook for 1 more minute. Add chopped broccoli and cook for 2 more minutes. Remove to plate. Keep warm. Cut chicken in bite size pieces and sauté in oil for 3–5 minutes until no signs of pink remain. Add vegetables. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature.

Calories, 186
Cholesterol, 51 Mg
Sodium, 398 Mg
Dietary Fiber, 3 G

Iron, 1 Mg
Calcium, 47 Mg
Vitamin A, 1349 RE
Vitamin C, 47 Mg

Protein, 21.4 G
Carbohydrates, 10.7 G
Total Fat, 6.4 G
Saturated Fat, 1.2 G

Chicken Fricassee

Number of Portions: 10

Size of Portion: 1 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/2 cup Fruit/Vegetable

INGREDIENTS

| | |
|----------------------------|-----------|
| Whole Chicken | 1 (3 lb.) |
| Olive Oil | 1 Tbsp. |
| Onion, chopped | 1 |
| Garlic Powder | 1/4 tsp. |
| Tomato, chopped | 1 |
| Olives and Capers | 1 Tbsp. |
| Cilantro, chopped | 1 bunch |
| Parsley, chopped | 1 bunch |
| Potatoes, peeled and diced | 4 |
| Salt and Black Pepper | to taste |
| Vinegar | 1 Tbsp. |
| Chicken Broth | 1 cup |
| Bay Leaves | 2 |
| Peas, frozen | 1 lb. |

Stew chicken until tender, de-bone, and cut up; reserve 1 cup broth. In a skillet, sauté onions in olive oil until clear. Add garlic, tomatoes, olives and capers, cilantro, parsley, potatoes, salt, pepper, and vinegar. Cook over medium heat for one minute. Pour in chicken, broth, bay leaves, and peas. Stir, cover, reduce heat, and simmer for one hour. Discard bay leaves. Serve over rice.

Calories, 200
Cholesterol, 46 Mg
Sodium, 360 Mg
Dietary Fiber, 4.6 G

Iron, 2 Mg
Calcium, 41 Mg
Vitamin A, 110 RE
Vitamin C, 24 Mg

Protein, 18.6 G
Carbohydrates, 22.4 G
Total Fat, 4.1 G
Saturated Fat, 0.8 G

Chicken and Yellow Rice

Number of Portions: 25

Size of Portion: 1 piece chicken,
3/4 cup rice mixture

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable; 1 Grain/Bread

INGREDIENTS

| | |
|-------------------------------------|---------------------|
| Onions, chopped | 2 |
| Green Peppers, chopped | 2 |
| Garlic Powder | 1/2 tsp. |
| Salt, Cumin, and Oregano | to taste |
| Yellow Food Coloring | 2 tsp. |
| Corn Oil | 1/4 cup |
| Chicken Thighs, with skin and bones | 25 (4 oz.) |
| Tomato Sauce | 2 (8 oz.) cans |
| White Rice | 2 lb. |
| Chicken Bouillon | 2 cubes |
| Water | 5 cups |
| Peas | 2 (15 1/4 oz.) cans |
| Pimentos | 1 cup |

In a large stockpot, sauté onions, green pepper, garlic, spices, and food coloring in oil. Add chicken, cook until brown and half cooked. Add tomato sauce, rice, and chicken bouillon cubes. Add water and bring to a boil. Cover, turn heat to low and let cook until rice is done (about 25 minutes). Add pimentos and peas during the last 5 minutes of cooking.

Note: Salt not included in nutrient analysis.

| | | |
|----------------------|-------------------|-----------------------|
| Calories, 380 | Iron, 3 Mg | Protein, 20.5 G |
| Cholesterol, 79 Mg | Calcium, 31 Mg | Carbohydrates, 35.2 G |
| Sodium, 330 Mg | Vitamin A, 102 RE | Total Fat, 16.9 G |
| Dietary Fiber, 2.2 G | Vitamin C, 22 Mg | Saturated Fat, 4.5 G |

Chicken Tetrazzini

Number of Portions: 15

Size of Portion: 1 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

| | |
|-------------------------|---------------------|
| Whole Chicken | 1 (4 lb.) |
| Spaghetti | 3/4 lb. |
| Green Pepper, chopped | 1 |
| Onion, chopped | 1 |
| Celery, chopped | 1/2 cup |
| Black Olives, sliced | 1/2 cup |
| Margarine | 2 Tbsp. |
| Cream of Mushroom Soup | 2 (10 3/4 oz.) cans |
| Chicken Broth | 1 cup |
| Pimentos | 1 cup |
| Mushrooms, sliced | 1 (4 oz.) can |
| Parmesan Cheese, grated | 1/2 cup |

Stew chicken until tender; de-bone, cut up. Cook spaghetti according to package directions, drain. Sauté green pepper, onion, celery, and olives in margarine. In a large bowl, mix soup and chicken broth until smooth; add cooked spaghetti, sautéed vegetables, pimentos, mushrooms, and cooked chicken. Put mixture in a 2 1/2 quart casserole dish sprayed with non-stick vegetable oil. Sprinkle cheese over top. Bake at 350° F for 20 minutes.

Calories, 305

Cholesterol, 49 Mg

Sodium, 534 Mg

Dietary Fiber, 1.6 G

Iron, 2 Mg

Calcium, 78 Mg

Vitamin A, 87 RE

Vitamin C, 20 Mg

Protein, 17.2 G

Carbohydrates, 22.8 G

Total Fat, 15.9 G

Saturated Fat, 4.6 G

Chicken or Turkey Tetrazzini

Number of Portions: 75

Size of Portion: 2/3 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate; 1/2 Grain/Bread

INGREDIENTS

| | |
|---|--|
| Cooked Chicken or Turkey, boneless, cubed | 6 1/2 lb. (approximately 9 1/4 lb. uncooked) |
| Parsley, chopped | 2 Tbsp. |
| Spaghetti | 3 3/4 lb. |
| Margarine | 3/4 lb. |
| Onions finely chopped | 1 lb. |
| Green Peppers, chopped | 3/4 lb. |
| Flour, all-purpose | 2 1/4 lb. |
| Black Pepper | 1 tsp. |
| Chicken Base | 1/3 cup |
| Water | 1 gal. |
| Cheese, shredded | 1 lb. |

In a bowl, mix parsley and chicken or turkey. Cook spaghetti. Sauté vegetables in margarine. Blend flour and seasonings into sautéed vegetables. Stir in chicken base, cook for 5 minutes. Add water, stirring constantly. Cook until thickened. Combine cooked spaghetti, chicken, and sauce. Divide into two 12 x 20 x 2 inch pans sprayed with non-stick vegetable oil. Sprinkle 1/2 lb. cheese over each pan. Bake at 350° F for 30–40 minutes or until heated through and cheese is bubbly.

Calories, 257

Cholesterol, 37 Mg

Sodium, 186 Mg

Dietary Fiber, 1.6 G

Iron, 2 Mg

Calcium, 60 Mg

Vitamin A, 59 RE

Vitamin C, 4 Mg

Protein, 17.5 G

Carbohydrates, 28.8 G

Total Fat, 7.5 G

Saturated Fat, 2.4 G

Chicken Vegetable Soup

Number of Portions: 25

Size of Portion: 1 1/2 cup

Meal Pattern Contribution:

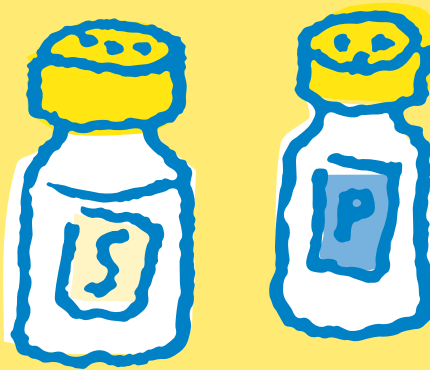
1 1/2 oz. Meat/Meat Alternate;

1/8 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

| | |
|-------------------------------------|-----------|
| Chicken Breasts, boneless, skinless | 3 1/2 lb. |
| Water | 2 gal. |
| Onions, cubed | 2 |
| Celery Stalks, sliced | 6 |
| Chicken Bouillon | 8 cubes |
| Peas and Carrots, frozen | 2 lb. |
| Salt and Black Pepper | to taste |
| Alphabet or Shell Pasta | 1 lb. |

In a stockpot, cook chicken in water until done. Cool and cube chicken. To cooking water, add remaining ingredients except pasta. Bring to a boil, simmer for 30 minutes or until vegetables are tender. Add pasta and continue to simmer until pasta is soft.



Calories, 106

Cholesterol, 6 Mg

Sodium, 423 Mg

Dietary Fiber, 2 G

Iron, 1 Mg

Calcium, 29 Mg

Vitamin A, 348 RE

Vitamin C, 5 Mg

Protein, 6.3 G

Carbohydrates, 19.1 G

Total Fat, 0.7 G

Saturated Fat, 0.1 G

Chicken and Broccoli Alfredo

Number of Portions: 10

Size of Portion: 1 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

INGREDIENTS

| | |
|----------------------------------|---------------------|
| Linguine or Spaghetti | 3/4 lb. |
| Broccoli, frozen | 1 1/4 lb. |
| Butter | 2 Tbsp. |
| Chicken Breasts, boneless, cubed | 1 1/2 lb. |
| Cream of Mushroom Soup | 2 (10 3/4 oz.) cans |
| Milk | 1 cup |
| Parmesan Cheese, grated | 1 cup |
| Black Pepper | 1/2 tsp. |

Cook linguine according to package directions. Add broccoli for last 4 minutes. Drain pasta and broccoli. Heat butter in skillet and brown chicken. Add soup, milk, cheese, pepper, pasta, and broccoli and heat through.

“Tasty and healthy!”

Calories, 368

Cholesterol, 61 Mg

Sodium, 699 Mg

Dietary Fiber, 2.7 G

Iron, 3 Mg

Calcium, 230 Mg

Vitamin A, 174 RE

Vitamin C, 33 Mg

Protein, 28.4 G

Carbohydrates, 34.4 G

Total Fat, 12.8 G

Saturated Fat, 5.4 G

Fiesta Tamale Pie

Number of Portions: 12

Size of Portion: 1 slice

Meal Pattern Contribution:

1½ oz. Meat/Meat Alternate;

¾ cup Fruit/Vegetable; 1 Grain/Bread

INGREDIENTS

| | |
|-----------------------------------|----------------|
| Pie Crust Mix | 1⅓ cups |
| Yellow Corn Meal | ¼ cup |
| Water, cold | ¼ cup |
| Ground Turkey | 1 lb. |
| Flour, all-purpose | 1 Tbsp. |
| Tomato Paste | 1 (6 oz.) can |
| Beef Base | 2 tsp. |
| Chili Powder | 2 tsp. |
| Kidney Beans, drained | 1 (15 oz.) can |
| Cheddar Cheese, shredded, divided | 1 cup |
| Lettuce, shredded | 2 cups |
| Tomato, chopped | ½ cup |

Preheat oven to 400° F. In a bowl, combine pie crust mix and cornmeal. Stir in water to form dough. Let rest 10 minutes. Roll out dough to fit a deep dish pie pan. Place in pan, prick bottom, and sides thoroughly with fork. Bake 8 minutes. In a skillet, brown meat, pour off fat. Stir in flour. Stir in tomato paste, base, and chili powder. Add beans and mix well. Spoon meat mixture into the prepared shell and top it with half of the cheese. Bake 15–20 minutes or until filling is hot. Top the pie with remaining cheese, lettuce, and tomatoes. Slice pie into 12 slices.

Calories, 222

Cholesterol, 40 Mg

Sodium, 486 Mg

Dietary Fiber, 3.8 G

Iron, 2 Mg

Calcium, 99 Mg

Vitamin A, 86 RE

Vitamin C, 8 Mg

Protein, 12.4 G

Carbohydrates, 19 G

Total Fat, 10.7 G

Saturated Fat, 3.9 G

Turkey Patties

Number of Portions: 25

Size of Portion: 1 patty

Meal Pattern Contribution:
1½ oz. Meat/Meat Alternate

INGREDIENTS

| | |
|-----------------------|----------|
| Ground Turkey | 3¾ lb. |
| Bread Crumbs | 2½ cups |
| Eggs | 3 |
| Green Onions, chopped | ½ cup |
| Mustard, prepared | 2½ Tbsp. |
| Margarine | 2½ Tbsp. |
| Chicken Broth | 2½ cups |

Mix ground turkey, bread crumbs, egg, onions, and mustard in large bowl. Evenly divide and shape into 25 patties. Melt margarine in large skillet over low heat. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove from skillet and place onto plate. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Serve on buns.



Calories, 174
Cholesterol, 75 Mg
Sodium, 507 Mg
Dietary Fiber, 0.6 G

Iron, 1 Mg
Calcium, 28 Mg
Vitamin A, 29 RE
Vitamin C, 1 Mg

Protein, 14.8 G
Carbohydrates, 8.9 G
Total Fat, 8.4 G
Saturated Fat, 2.1 G