

Cookbook for Calhoun County Youth Center

Created by HPS Menu Planner

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[DRAGON CHICKEN AND RICE](#)

DRAGON CHICKEN AND RICE



Servings:	40.000	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57313
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
diced chicken	120 Ounce	Thaw in frige 36-41 degrees. Use within 2 days	110530
Cornstarch	20 Tablespoon		20027
OIL SALAD VEG SOY CLR NT	20 Tablespoon		292702
GARLIC CHPD IN WTR	10 Tablespoon		321565
PEPPERS COLORED MIXED ASST	10 Cup		491012

Description	Measurement	Prep Instructions	DistPart #
KETCHUP BOTTLE SQZ	20 Tablespoon	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	142940
SAUCE SOY	20 Tablespoon		667840
Huy Fong Hot Chili Sauce Sriracha Packets, 7 gram Packets - CS of 500	0 Cup		124743
VINEGAR RICE WIN UNSEAS	10 Tablespoon	READY_TO_EAT Use directly from the bottle.	868830
RICE PARBL STRONGBOX	10 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
Water	20 Cup	READY_TO_DRINK	Water

Preparation Instructions

1. Place the chicken strips in a bowl and add the cornstarch. Toss until the chicken is evenly coated and the surface looks dry. Shake off any loose excess.
2. Heat one tablespoon of the oil in a large skillet over medium-high heat until shimmering. Add the chicken in a single layer and cook for 3 to 4 minutes, turning once, until golden and cooked through. Transfer the chicken to a hotel pan and hot hold at or above 135F.
3. Lower the heat to medium and add the remaining tablespoon of oil to the same pan. Add the garlic, bell pepper, and cashews and cook for 2 to 3 minutes, stirring constantly, until the garlic smells fragrant and the peppers soften slightly but still have bite.
4. Add the tomato paste or ketchup, soy sauce, chili garlic sauce, and vinegar to the pan. Stir well, scraping up any browned bits, and let the sauce simmer for 1 to 2 minutes until thick and glossy.
5. Return the chicken to the pan and toss until fully coated in sauce. Cook for about 1 minute, just until everything is heated through. Remove from the heat and serve immediately.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	380.99
Fat	13.05g
Saturated Fat	1.00g
Trans Fat	0.00g**
Cholesterol	60.00mg
Sodium	651.31mg
Carbohydrates	106.65g
Fiber	0.44g
Total Sugar	3.50g
Added Sugar	0.00g**
Protein	23.31g
Vitamin A 999.94mcg**	Vitamin C 58.14mg**
Calcium 3.14mg	Iron 1.61mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	154.99
Fat	5.31g
Saturated Fat	0.41g
Trans Fat	0.00g**
Cholesterol	24.41mg
Sodium	264.96mg
Carbohydrates	43.39g
Fiber	0.18g
Total Sugar	1.42g
Added Sugar	0.00g**
Protein	9.48g
Vitamin A 406.79mcg**	Vitamin C 23.65mg**
Calcium 1.28mg	Iron 0.66mg

**One or more nutritional components are missing from at least one item on this recipe.