

Fajita Chicken Pasta



Servings:	200.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51353
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX FAJT 30 COMM	400 Ounce	or you can use #860390	154900
SALT IODIZED	8 Tablespoon		125557
SPICE PEPR BLK REG FINE GRIND	2 Tablespoon 1 Teaspoon (8 Teaspoon)		225037
SPICE CHILI POWDER MILD	12 Tablespoon		331473
SPICE CUMIN GRND	12 Tablespoon		273945
GARLIC PLD FRESH	12 Tablespoon		428353
SPICE PAPRIKA	12 Tablespoon		518331
JUICE LIME	8 Tablespoon		199028
PEPPERS ASST RNBW	192 Ounce	cut into strips.	266985
ONION YELLOW COLOSS	192 Ounce	sliced	198706

Description	Measurement	Prep Instructions	DistPart#
CORN WHL KERNEL FCY GRADE	200 Ounce	Canned,drained.	118966
BEANS BLACK LO SOD	200 Ounce		231981
Water	20 Cup	READY_TO_DRINK	Water
Creamy White Cheese Sauce	28 Cup		310742
PASTA PENNE RIGATE 51 WGRAIN	200 Cup	Or 20# cooked penne should equal about 160 cups cooked pasta	221482
CILANTRO CLEANED	28 Ounce	chopped.	219550

Preparation Instructions

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Using a large mixing bowl, combine the shredded chicken, salt, pepper, chili powder, cumin, granulated garlic, paprika and lime juice. Mix until seasonings are incorporated and coat the chicken.

Add in the red and green bell peppers, yellow onion, drained black beans, corn, and water. Stir to combine.

Divide between 4-inch-deep hotel pans and cover with lid or foil.

Bake at 350 degrees for 25 minutes. Remove from the oven and stir in the cheese sauce. Return the chicken mixture to the oven for an additional 15 minutes.

Remove the chicken from the oven and verify the internal temperature is 165°F for 15 seconds.

Gently toss the Penne Pasta with the chicken mixture.

Portion 1½ cups chicken fajita pasta into serving container and top with 1 tablespoon chopped, fresh cilantro.

Enjoy!

Recipe Notes

Crediting: 2 oz. eq. M/MA, 2 oz. eq. Whole Grain, 1/2 cup Vegetable

Nutrition Facts per Serving (1.5cups)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.50 Cup

Amount Per Serving			
Calories		352.58	
Fat		3.80g	
SaturatedFat		1.39g	
Trans Fat*		0.00g	
Cholesterol		44.46mg	
Sodium		457.75mg	
Carbohydrates		58.83g	
Fiber		7.73g	
Sugar		6.26g	
Protein		22.41g	
Vitamin A	0.55IU	Vitamin C	2.02mg
Calcium	64.99mg	Iron	3.35mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

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

Nutrition - Per 100g

No 100g Conversion Available