



RC Product Code: 13410

Spicy Chicken with Black Beans and Rice

with Premium Artisan Spicy Whole Grain Breaded Chicken Breast Fillet, Fully Cooked

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Serving Size: 1/2 cup rice, 2/3 cup beans and 1 Spicy Chicken Fillet
Yield: 100 Servings
Contribution: 2 oz Meat/MA, 2 oz Grain, 1/4 cup Legumes, 1/8 cup other Vegetables
Smart Snack: Smart Snack Compliant



SmartSnack Artisan Spicy

Nutritional Information for 1/2 cup Rice, 2/3 cup Black Beans and 1 Spicy Chicken Fillet

Portion	1 Serving	Cholesterol (mg)	52
Calories	419	Sodium (mg)	838
Total Fat (g)	13	Total Carbohydrates (g)	47
Saturated Fat (g)	1.6	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	27

Ingredients	Amount	Instructions
Rich Chicks Artisan Spicy WG Breaded Chicken Breast Fillet	30 lbs	Place 1 qt. brown rice in each of 4 steam table pans. Pour 1 qt. +2 cups boiling water over each pan of brown rice. Stir. Cover pans tightly. Bake in 325° F convection oven for 40 minutes. Remove from oven let stand covered for 5 minutes. Stir, recover and hold for service.
Brown Rice	6 lbs 4 oz	Place frozen chicken fillets in single layer on sheet pan. Bake in 350° F convection oven for 10-12 minutes or until product reaches an internal temperature of 165° F.
Black Beans, Low Sodium Canned Drained And Rinsed	4 - #10 cans	Heat Canola oil in medium stock pot uncovered. Add diced onions and green peppers. Cook for 2-3 minutes or until onions become translucent.
Canola Oil	1 1/3 cup + 2 tbsp & 2 tsp	Add garlic, cumin, Kitchen Bouquet and drained black beans. Stir constantly for 1-2 minutes.
Onions, Fresh Diced	5.5 lbs	Add 1 quart of water and salt. Bring to a boil.
Green Pepper, Fresh Diced	2.5 lbs	Reduce heat to medium and simmer for 5-10 minutes.
Garlic, Minced	12 oz	Add cilantro, stir well. Pour 3 qts and 2 cups of bean mixture into each of 4 pans.
Cumin, Ground	2 oz	Serve placing 1/2 cup (No 8 scoop) rice, then 2/3 cup (No 6 scoop) beans on top.
Kitchen Bouquet	1/4 cup + 2 tbsp	Lean Spicy Chicken against beans and rice.
Salt	1 1/3 tbsp	Serve
Cilantro, Fresh Minced	4 oz	

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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