

Chicken Breasts (for salads and dishes)

Component: Meat

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		1 tsp			<ol style="list-style-type: none"> 1. Preheat oven to 325°F. 2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan. 3. Add chicken broth to dish. 4. Sprinkle chicken with garlic powder and pepper. 5. Lightly cover with foil. Bake for 50-60 minutes. Insert a thermometer into the thickest part of the chicken. Check the largest pieces. 6. CCP Heat to 165° F or higher for at least 15 seconds. 7. Remove chicken from pan and allow to cool prior to dicing. 8. Use immediately or cover and refrigerate until ready to use. 8. Cool to 41° F or lower within 4 hours.
Chicken breast, boneless, fresh or frozen without skin (lb)	9 lbs				
Ground black pepper		¾ tsp			
Garlic powder (optional)		2 tsp			
Low sodium chicken broth/stock		¾ cup			

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Notes:

Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz cooked chicken

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

Nutrients Per Serving

Calories	100	Saturated Fat	0.48 g	Iron	0.32 mg
Protein	18.47 g	Cholesterol	59.60 mg	Calcium	4.48 mg
Carbohydrate	0.16 g	Vitamin A	7.36 RAE mcg	Sodium	37.90 mg
Total Fat	2.26 g	Vitamin C	0.00	Dietary Fiber (2016)	0.02 g