COOKING for KIDS

STANDARDIZED RECIPE

Recipe Name: Chicken Fajitas			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Chicken fajita strips (Tyson)	9 lbs. + 12 oz.		1. Pre-heated Convection oven to 400° F. 2. From frozen state, place fajita meat in a single layer on baking sheet or in pan. Cook 5-8 minutes or until meat reaches 135°F.May be cooked in steamer if available.
Pepper, green bell raw	5 lbs. + 3 oz.		3. Thoroughly wash fresh vegetables. 4. Cut peppers and onions into strips. Sauté or steam vegetables and place in a steamtable pan until ready to serve.
Onion, raw yellow or white	5 lbs. + 3 oz.		
Tortilla, WG rich 6.25" (Tyson)		50 ea.	5. To make tortillas more pliable, place in a warmer prior to use. 6. Assemble on line 7. Place 3 oz. of fajita meat in center of tortilla. 8. Add 1/2 cup vegetables and fold in half.

Serving Size for Grades: K-8 is:_____ (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is:_____ (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions

2 oz. meat/alt., 1.5 oz. grain, 0.5 c. vegetable

Courtesy of Oklahoma City Public Schools