

Chicken Tikka - CACFP

General Information

Recipe #	Category	Source
1993858	Lunch Entree	Local

Ingredients

Name	Quantity	+ 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	2 lbs., 2 oz.	
Lime juice, raw	3 tbsp.	
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	6 oz.	
Onions, raw	½ c. chopped	
Vegetable oil, palm kernel	¼ c.	
Salt, table	¾ tsp.	
Spices, pepper, black	½ tsp. ground	
Spices, nutmeg, ground	¼ tsp.	
Spices, cardamom	1 tsp. ground	
Coriander (cilantro) leaves, raw	½ c., 2 tsp.	
Tomatoes, red, ripe, raw, year round average	1 lbs., 10 oz. diced	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	½ c., 2 tsp.	
Cauliflower, raw	1 lbs., 6 ½ oz.	
Spices, curry powder	1 tbsp.	



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Serving Size	Yield
3 oz	25.00

Nutrition Facts

Serving Size 3 oz (112 gm)

Amount Per Serving	% Daily Value*
Calories	94.085
Total Fat 4.261 gm	6.555%
Saturated Fat 2.317 gm	11.583%
Trans Fat 0.000* gm	
Cholesterol 23.515 mg	7.838%
Sodium 136.353 mg	5.681%
Total Carbohydrate 3.973 gm	1.324%
Dietary Fiber 1.099 gm	4.395%
Total Sugars 1.824* gm	
Includes 0.000 gm of Added Sugars	
Protein 10.380 gm	20.761%
Vitamin A 13.312* mcg RAE	1.479%
Vitamin C 17.203* mg	28.671%
Vitamin D 0.045 mcg	0.225%
Calcium 27.391 mg	2.739%
Iron 0.726 mg	4.033%
Potassium 394.076 mg	8.385%
Saturated Fat % of Calories	22.161%
Added Sugar % of Calories	0.000%

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. In a large bowl, mix together chicken, lime juice, and yogurt. Cover and let marinate for at least one hour.
2. Spread chicken out onto sheet tray, or 9x13 inch tray. Bake at 350 degrees F for about 30 minutes.
3. Dice onion and saute with oil in a medium pot while the chicken is cooking. Add all spices except for curry powder and 1/2 of the salt. Stir to combine and cook for about 2 minutes.
4. Add tomatoes and milk. Bring to a boil and then reduce heat to simmer.
5. In a large bowl, toss together the cauliflower, remainder of the salt, and curry powder. Spread on a sheet tray or 9x13 inch pan, and roast in the oven at 375 degrees for 15-20 minutes.
6. Combine cauliflower and chicken mixture. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to

prevent cross-contamination.

Additional Vegetables

0.25 cups

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Added Sugar Limitations

Not applicable.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vendors

Hiland Dairy Foods 

Tyson Foods, Inc. 

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated

01-06-2026

Created

10-16-2025

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