

Chicken Tikka - NSLP

General Information

Recipe #	Category	Source
1993861	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	8 lbs., 8 oz.	
Lime juice, raw	¾ c.	
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	1 lbs., 8 oz.	
Onions, raw	1 pt. chopped	
Vegetable oil, palm kernel	1 c.	
Salt, table	1 tbsp.	
Spices, pepper, black	2 tsp. ground	
Spices, nutmeg, ground	1 tsp.	
Spices, cardamom	1 tbsp., 1 tsp. ground	
Coriander (cilantro) leaves, raw	1 ½ c.	
Tomatoes, red, ripe, raw, year round average	6 lbs., 8 oz. diced	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	1 ½ c.	
Cauliflower, raw	5 lbs., 10 oz.	
Spices, curry powder	¼ c.	

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



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Serving Size	Yield
0.75 Cup	50.00

Nutrition Facts

Serving Size 0.75 Cup (224 gm)		
Amount Per Serving		
Calories		188.170
		% Daily Value*
Total Fat	8.521 gm	13.11%
Saturated Fat	4.633 gm	23.167%
Trans Fat	0.001* gm	
Cholesterol	47.030 mg	15.677%
Sodium	272.706 mg	11.363%
Total Carbohydrate	7.947 gm	2.649%
Dietary Fiber	2.198 gm	8.79%
Total Sugars	3.648* gm	
Includes 0.000 gm of Added Sugars		
Protein	20.761 gm	41.522%
Vitamin A	26.624* mcg RAE	2.958%
Vitamin C	34.405* mg	57.342%
Vitamin D	0.090 mcg	0.45%
Calcium	54.781 mg	5.478%
Iron	1.452 mg	8.065%
Potassium	788.152 mg	16.769%
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	2 oz	

prevent cross-contamination.

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

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.

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.

Additional Vegetables 0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Hiland Dairy Foods 🇺🇸

Tyson Foods, Inc. 🇺🇸

Dates

Last Updated	Created
10-16-2025	10-16-2025

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