

Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-40

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		2 cups		1 qt	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool. 3. Add the oil to the cooled, thickened stock mixture. 4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Cornstarch		¼ cup	2 ¼ oz	½ cup	
Vegetable oil		2 cups		1 qt	
White vinegar		2 cups		1 qt	
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Ground black or white pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 ¼ tsp		2 ½ tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Raw, boned, skinless chicken breast, ½" slices	9 lb		18 lb		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.
					6. Drain the chicken. Discard any leftover marinade.
					7. Prepare no more than 50 portions per batch. Preheat grill to 350° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ½). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	2 lb 2 oz OR 2 lb 4 oz	1 qt 1 cup (½ No. 10 can) OR 1 qt 2 ¼ cups	4 lb 4 oz OR 4 lb 4 oz	2 qt 2 cups (1 No. 10 can) OR 3 qt ½ cup	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh green peppers, diced	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Canned diced tomatoes, drained	1 lb	1 ¾ cups 2 Tbsp (¼ No. 10 can)	2 lb	3 ¾ cups (½ No. 10 can)	
Canned salsa	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	CCP: Heat to 165° F or higher for at least 15 seconds.

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Enriched flour tortillas,
8-inch
(at least 0.9 oz each)

50 each

100 each

9. CCP: Hold for hot service at 135° F or higher.

For each serving, place No. 8 scoop (½ cup) of filling on each tortilla. If desired, fold or roll tortilla over filling.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	14 oz	1 lb 12 oz
Green peppers	11 oz	1 lb 6 oz

SERVING:

1 fajita provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: about 12 lb 4 oz (filling)

100 Servings: about 24 lb 8 oz (filling)

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts (filling)

100 Servings: about 3 gallons 2 cups (filling)

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Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

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Nutrients Per Serving

Calories	241	Saturated Fat	1.41 g	Iron	2.11 mg
Protein	22.00 g	Cholesterol	51 mg	Calcium	54 mg
Carbohydrate	23.38 g	Vitamin A	240 IU	Sodium	284 mg
Total Fat	6.28 g	Vitamin C	6.7 mg	Dietary Fiber	1.8 g