

Chicken & Sweetpotato Teriyaki

Meal Component(s):

2 oz. Meat/Meat Alternate, ¼ c. Dark Green Vegetable ¼ Red/Orange Vegetable, ⅛ c. Fruit

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1 cup

Servings: 100

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Chicken, strips, unseasoned, frozen, USDA Foods	18 lb 12 oz		<ol style="list-style-type: none"> 1. Thaw chicken overnight in the refrigerator. <i>CCP: Hold at or above 41°F.</i> 2. Do not wash precut sweetpotatoes. If using fresh uncut sweetpotatoes, rinse, scrub, and peel fresh sweetpotatoes, then cut into ½ inch pieces. <i>Note: May substitute frozen, random chunk sweetpotatoes.</i> 3. If needed, break or cut broccoli florets into equal bite size pieces. 4. Drain pineapple tidbits. Save juice for teriyaki sauce or other recipes. 5. Preheat tilt skillet to medium heat. Add oil. 6. Once oil is shimmering, add sweetpotatoes. Sauté for 8-10 minutes, stirring occasionally, with lid closed. Note: If using frozen sweetpotatoes, thaw in the refrigerator and add to dish in step 7 after broccoli has cooked for 3 minutes. <i>CCP: Thaw sweetpotatoes at 41°F or below.</i> 7. Add broccoli florets to tilt skillet, and stir-fry for 5 more minutes, stirring more frequently. Add chicken and stir-fry for 2 additional minutes. 8. Add pineapple and turn off heat. Add teriyaki sauce and toss to coat. <i>CCP: Heat to minimum internal temperature at or above 135°F.</i> 9. Transfer to 2-inch steamtable pans for service. Serve 1 cup (~7.8 oz) using a no. 8 disher (2 scoops). <i>Note: Due to varying sizes of ingredients, check portioning tool.</i> 10. Recommend serving with steamed brown rice. <i>CCP: No bare hand contact with ready to eat food.</i> <i>CCP: Hold for hot service at or above 135°F.</i>
Sweetpotatoes, fresh, diced, precut	10 lb 13 oz		
Broccoli, fresh, florets precut	8 lb. 12 oz		
Pineapple, canned, tidbits		1 #10 can	
Oil, canola		1 cup	
Teriyaki sauce, school made or prepare		3 qt	

Nutrients Per Serving

Calories 316 Total Fat 12g Saturated Fat 2.5g Protein 19g Carbohydrate 33g Sodium 854mg



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