



Pineapple Chicken

Full of sweet pineapple and succulent bites of chicken. The dish is similar in flavor to sweet and sour pork.

CACFP CREDITING INFORMATION

$\frac{2}{3}$ cup (No. 6 scoop) pineapple chicken and $\frac{1}{4}$ cup (No. 16 scoop) cooked rice provides 1 $\frac{1}{2}$ oz equivalent meat, $\frac{1}{8}$ cup vegetable, $\frac{1}{4}$ cup fruit, and $\frac{1}{2}$ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamn nutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 2 $\frac{1}{2}$ cup		3 qt 1 cup	<p>1 Make marinade: In a plastic bag or large bowl stir together water, salt, pepper, and soy sauce.</p> <p>Amount of water to use: For 25 servings, use $\frac{1}{2}$ cups. For 50 servings, use 1 cup.</p> <p>2 Place chicken in marinade and allow it to sit in the refrigerator for 1 hour.</p>
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
Soy sauce, low-sodium		$\frac{1}{2}$ cup		1 cup	
Chicken breast, boneless, skinless, fresh or frozen, $\frac{1}{2}$ " chopped	2 lb 6 $\frac{1}{2}$ oz		4 lb 13 oz		

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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Brown rice, long grain, regular, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<p>3 Combine brown rice and water in a large stockpot. Reserve remaining water for step 9.</p> <p>For 25 servings, add 1 qt water. For 50 servings, add 2 qt water. Heat on medium–high heat to a rolling boil.</p>
					<p>4 Cover and reduce heat to medium. Cook until water is absorbed, about 30–40 minutes. Fluff the rice gently with a large spoon.</p>
Canola oil		½ cup		1 cup	<p>5 Heat half of the oil in a tilt kettle or large stockpot. Reserve remaining oil.</p> <p>For 25 servings, use ¼ cup oil. For 50 servings, use ½ cup oil.</p>
*Green onions with tops, fresh, thinly sliced	12½ oz	2 qt ⅓ cup	1 lb 9 oz	1 gal ⅔ cup	<p>6 Sauté green onions and celery for 5–7 minutes or until celery begins to cook, but stays crunchy. Stir frequently.</p>
*Celery, fresh, ¼" diced	1 lb 2¾ oz	1 qt	2 lb 5½ oz	2 qt	<p>7 Remove vegetables and set aside.</p>
Pineapple with juice, canned, crushed, packed in juice or light syrup	4 lb 11 oz	2 qt ⅓ cup (¾ No. 10 can)	9 lb 6 oz	1 gal ⅔ cup (1½ No. 10 can)	<p>8 Add remaining oil to the pot. Add chicken and marinade and pineapple with juice to pot. Continue cooking on medium–high heat and bring to a boil, 7–10 minutes. Stir frequently.</p> <p>Critical Control Point: Heat to 165 °F or higher for 15 seconds.</p>
Sugar		⅓ cup		⅔ cup	<p>9 Make cornstarch mixture: In a small bowl whisk remaining water together with sugar and cornstarch until smooth. Amount of remaining water to use:</p> <p>For 25 servings, use 2 cups. For 50 servings, use 1 qt.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cornstarch		1/3 cup		2/3 cup	10 Stir cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 5 minutes, or until sauce is nectar thick. Stir frequently. Add more water if too thick.
					11 Stir celery and green onions into pineapple chicken mixture and cook for 5 minutes.
					12 Serving size 2/3 cup (No. 6 scoop) pineapple chicken over 1/4 cup cooked rice. Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ⅔ cup (No. 6 scoop) pineapple chicken over ¼ cup (No. 16 scoop) cooked rice.

NUTRIENTS	AMOUNT
Calories	204
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Total Fat	8 g
Saturated Fat	1 g
Cholesterol	39 mg
Sodium	354 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	14 g
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Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Green onions with tops	1 lb	1 lb 15 oz
Celery	1 lb 7 oz	2 lb 14 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during the preparation or when a variation of the ingredients is available.

Variation

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

YIELD/VOLUME

25 Servings	50 Servings
8 lb 10½ oz pineapple chicken, 12½ oz brown rice 1 gal ⅔ cup pineapple chicken, 1 qt 2¼ cup brown rice	17 lb 5 oz pineapple chicken, 1 lb 9 oz brown rice 2 gal 1⅓ cup pineapple chicken, 3 qt ½ cup brown rice