



# Chicken Fajitas

## USDA Recipe for CACFP

These Chicken Fajitas have diced chicken breast, combined with salsa, vegetables, Mexican spices and lime juice served in a whole grain tortilla.

**CACFP CREDITING INFORMATION**  
**1 fajita provides 2 oz equivalent meat, ¼ cup vegetable, and 1 oz equivalent grains.**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen chicken strips, cooked, thawed	3 lb 4 oz	3 qt 2 cups	6 lb 8 oz	1 gal 3 qt	<b>1</b> Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and ancho chili powder in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12–24 hours.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Dried oregano		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ancho chili powder		3 Tbsp		¼ cup 2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		3 Tbsp		¼ cup 2 Tbsp	
					<b>2</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
					<b>3</b> Critical Control Point: Hold at 40 °F or below.
					<b>4</b> Place marinated chicken in a large stock pot. Cook uncovered over medium-high heat for 2 minutes.
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>6</b> Set aside for step 9.
*Fresh green bell peppers, diced	4 oz	¾ cup	8 oz	1½ cups	<b>7</b> In a medium stock pot, add peppers and onions. Cook uncovered over medium-high heat until onions are translucent. Set aside for step 9.
*Fresh onions, diced	6 oz	1 cup 2 Tbsp 2¼ tsp	12 oz	2¼ cups 1 Tbsp 1½ tsp	
Frozen corn, thawed, drained	1 lb 2 oz	3 cups 1 Tbsp 2¾ tsp	2 lb 4 oz	1 qt 2 cups 3 Tbsp 2½ tsp	<b>8</b> In a medium stock pot, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes. Stir occasionally. Set aside for step 9.
Canned no-salt-added diced tomatoes, drained	8 oz	¾ cup 1 Tbsp 2½ tsp	1 lb	1½ cups 3 Tbsp 2 tsp (approx. ⅛ No. 10 can)	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium salsa	8 oz	¾ cup 3 Tbsp	1 lb	1¾ cups 2 Tbsp (approx. ⅛ No. 10 can)	
Sugar		1 Tbsp		2 Tbsp	
Canola oil		¼ cup		½ cup	
Paprika		1 tsp		2 tsp	
*Fresh limes	6 oz	2 each	12 oz	4 each	
OR					
Fresh lime juice		¼ cup		½ cup	
					<b>9</b> Combine chicken, peppers, onions, and corn mixture in a large bowl. Toss well.
Whole-grain tortillas, 8" (1 oz each)	2 lb 5½ oz	25 each	4 lb 11 oz	50 each	<b>10</b> Using a rounded No. 8 scoop, portion ½ cup 2⅓ tsp (about 4⅓ oz) chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2½").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>11</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>12</b> Serve 1 fajita.



**NUTRITION INFORMATION**

For 1 fajita.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>267</b>
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<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	39 mg
<b>Sodium</b>	<b>415 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
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Vitamin D	0 IU
Calcium	12 mg
Iron	0 mg
Potassium	75 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Green bell peppers	5 oz	10 oz
Limes	6 oz	12 oz

**NOTES**

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

Cooking Process #3: Complex Food Preparation.

**Mexican Seasoning Mix <sup>3</sup>/<sub>4</sub> Cup (About 4<sup>1</sup>/<sub>2</sub> oz).**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**YIELD/VOLUME**

25 Servings	50 Servings
About 6 lb 9 oz (chicken mixture)	About 13 lb 2 oz (chicken mixture)
About 3 qts 1 <sup>1</sup> / <sub>8</sub> cups/1 steam table pan (12" x 20" x 2 <sup>1</sup> / <sub>2</sub> ")	About 1 gal 2 qts 2 <sup>1</sup> / <sub>4</sub> cups/2 steam table pans (12" x 20" x 2 <sup>1</sup> / <sub>2</sub> ")

