



# Sweet and Sassy Chicken

## USDA Recipe for CACFP

Sweet and Sassy Chicken contains lean boneless skinless chicken breast in combination with a honey and mustard sauce glaze.

### CACFP CREDITING INFORMATION

1 chicken breast provides 2 oz equivalent meat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked chicken breasts, thawed (2 oz portions)	3 lb 2 oz	25 pieces	6 lb 4 oz	50 pieces	<b>1</b> Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.  For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Honey	2 oz	¼ cup	4 oz	½ cup	
Dijon mustard	1 oz	2 Tbsp	2 oz	¼ cup	<b>2</b> Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken.
Orange juice		2 Tbsp		¼ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>3</b> Bake until light brown:            Conventional Oven: 375 °F for 25 minutes.            Convection Oven: 350 °F for 20 minutes.</p>
					<p><b>4</b> Critical Control Point:            Heat to 165 °F or higher for at least 15 seconds.</p>
					<p><b>5</b> Remove from oven.</p>
Dried parsley		2 tsp		1 Tbsp	<p><b>6</b> Garnish with parsley.</p>
					<p><b>7</b> Critical Control Point:            Hold for hot service at 140 °F or higher.</p>
					<p><b>8</b> Serve 1 chicken breast (2 oz).</p>



## NUTRITION INFORMATION

For 1 chicken breast (2 oz).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>90</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	43 mg
<b>Sodium</b>	<b>240 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin D	3 IU
Calcium	8 mg
Iron	1 mg
Potassium	134 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## NOTES

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

25 Servings	50 Servings
About 3 lb 2 oz	About 6 lb 4 oz
About 25 chicken breasts/2 sheet pans (18" x 26" x 1")	About 50 chicken breasts/4 sheet pans (18" x 26" x 1")