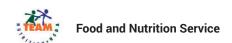


Sweet and Sassy Chicken USDA Recipe for CACFP

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		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
Frozen, cooked chicken breasts, thawed (2 oz portions)	3 lb 2 oz	25 pieces	6 lb 4 oz	50 pieces	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	¹/₄ cup	4 oz	½ cup	2 Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken.
Dijon mustard	1 oz	2 Tbsp	2 oz	1/4 cup	
Orange juice		2 Tbsp		1/4 cup	



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

NUTRITION INFORMATION

For 1 chicken breast (2 oz).

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