



Chicken Fajita

Chicken Fajitas are an easy and delicious Mexican recipe! A warm tortilla holds seasoned juicy chicken, sautéed pepper and onions, and toppings; finished with a squeeze of fresh lime!

CACFP Adult Portion Crediting Information

1 Fajita provides: ½ cup vegetable (¼ cup additional vegetable, ¼ cup red/orange vegetable, ¼ cup starchy vegetable), 2 oz equivalent meat/meat alternate, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	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	1 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		1/3 cup 2 tsp	
OR		OR		OR	
Mexican Seasoning Mix (See Notes Section)		3 Tbsp		1/3 cup 2 tsp	
					2 Place marinated chicken in a large stock pot. Cook uncovered over medium-high heat for 2-3 minutes.
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh Red bell pepper, diced	8 oz	1 1/2 cups	1 lb	3 cups	4 Set aside for step 9.
*Fresh green bell peppers, sliced	8 oz	2 cups	1 lb	1 qt	5 Spray medium stock pot lightly with pan release spray and heat to medium high heat. Add peppers and onions. Sauté uncovered for 3 minutes. Remove from heat. Set aside for step 9.
*Fresh onions, sliced	8 oz	2 cups	1 lb	1 qt	6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	1 lb 12 oz	1 qt 1/4 cup	3 lb 8 oz	2 qt 1/2 cup	7 In a medium stock pot, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally. Set aside for step 9.
Canned no-salt-added diced tomatoes, drained	14 oz	2 1/2 cups	1 lb 12 oz	1 qt 1 cup	8 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds
Canned low-sodium salsa	14 oz	2 cups	1 lb 12 oz	1 qt	
Sugar		1 Tbsp		2 Tbsp	
Canola oil		1/4 cup		1/2 cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Paprika		1 tsp		2 tsp	<p>9 Combine chicken, peppers, onions, and corn mixture in a large bowl 1 qt 3 cups (3 lb 4 oz) Toss well.</p> <p>10 Using a No. 16 scoop, portion ¼ cup (about 2 ¾ oz) chicken mixture on each tortilla. Spread filling on half of tortilla, and fold in the other half like a taco. Place 25 fajitas on each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p>
*Fresh limes, squeezed	6 oz	6 each	12 oz	12 each	
OR					
Lime juice, bottled		¼ cup		½ cup	
					<p>11 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
Whole-grain tortillas, 8" (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	<p>12 Serve 2 fajitas.</p>



NUTRITION INFORMATION

For 2 fajitas

NUTRIENTS	AMOUNT
Calories	317
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	45 mg
Sodium	448 mg
Total Carbohydrate	40 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	22 g
Vitamin A	23 mcg RAE
Vitamin C	26 mg
Vitamin D	3 IU
Calcium	123 mg
Iron	3 mg
Potassium	360 mg
N/A = no data available	

SOURCE:

CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh red bell pepper	11 oz	1 lb 6 oz
Fresh green bell pepper	11 oz	1 lb 6 oz
Fresh onions	10 oz	1 lb 4 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 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ 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 1 gal	About 2 gal
About 7 lb 15 oz/2 steam table pans(12" x 20" x 2 ½")	About 15 lb 14 oz/4 steam table pans (12" x 20" x 2 ½")

