

Kati Kati Chicken

This African-inspired Kati Kati Chicken pairs perfectly with Jollof Rice and Sautéed Spinach and Tomatoes.

CACFP Crediting Information:

1 piece provides 2 oz eq meat/meat alternate.



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

- 1 ½ tsp garlic powder
- 1 ½ tsp sugar
- 1 ½ tsp cumin, ground
- ¾ tsp cinnamon, ground
- ¾ tsp allspice, ground
- ¾ tsp paprika, ground
- ¾ tsp salt
- ½ tsp turmeric, ground
- ¼ tsp black pepper, ground
- ⅛ tsp red pepper flakes
- ⅛ tsp cayenne pepper, ground
- 1 Tbsp oil, canola
- 12 oz chicken breast, cooked, frozen, thawed
(2 oz portions)
- 2 Tbsp parsley, fresh, minced

Directions

- 1** Preheat conventional oven to 350 °F or convection oven to 325 °F.
- 2** Combine garlic powder, sugar, cumin, cinnamon, allspice, paprika, salt, turmeric, black pepper, red pepper flakes, cayenne pepper, and oil in a small bowl. Stir well.
- 3** Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.
- 4** Place chicken portions on a sheet pan (18" x 13") lined with parchment paper and lightly coated with pan release spray.
- 5** Bake:
Conventional oven: 350 °F for 10-15 minutes.
Convection oven: 325 °F for 8-15 minutes.
Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
Remove from oven. Garnish with parsley.
Critical Control Point:
Hold for hot service at 140 °F or higher.
- 6** Serve 1 chicken breast (2 oz).

NUTRITION INFORMATION

For 1 chicken breast (2 oz)

NUTRIENTS

AMOUNT

Calories	144
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	47 g
Sodium	333 mg
Total Carbohydrate	2 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars	N/A
Protein	17 g
Vitamin A	324 IU
Vitamin C	2 mg
Calcium	21 mg
Iron	1 mg

N/A=no information available

Source:

USDA Standardization Recipe Project - 2024

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.