



Oven-Fried Chicken

USDA Recipe for Schools

Chicken is coated in panko crumbs and spices, then baked.

NSLP/SBP CREDITING INFORMATION:

1 portion provides 2 oz equivalent meat and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	1 lb	3½ cups 1 Tbsp 1⅓ tsp	2 lb	1 qt 3 cups 3 Tbsp ⅓ tsp	1 Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.
Corn flakes, whole-grain	2 lb	1 qt	4 lb	2 qt	
Black or white pepper, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Mustard, dry		¼ cup		½ cup	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		2 Tbsp		¼ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Thyme, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Basil, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Oregano, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ginger, ground		2 Tbsp		¼ cup	
Egg whites	1 lb	2 cups	2 lb	1 qt	2 Combine egg whites and milk in a medium bowl.
Milk, nonfat		1 qt		2 qt	3 Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.
Chicken, whole, fresh or frozen, cut up, 8 pieces	24 lb 8 oz		49 lb		4 Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.
					5 Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6 Bake uncovered: Conventional oven: 400 °F for 55-60 minutes. Convection oven: 350 °F for 40-45 minutes.
					7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					8 Transfer to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					9 Critical Control Point: Hold for hot service at 135 °F or higher.
					10 Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

NUTRITION INFORMATION

For 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

NUTRIENTS	AMOUNT
Calories	186
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	28 mg
Sodium	367 mg
Total Carbohydrate	22 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	73 IU
Calcium	640 mg
Iron	12 mg
Potassium	210 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb	About 36 lb
About 2 gal 1 qt/3 sheet pans (12" x 20" x 2½")	About 4 gal 2 qt/6 sheet pans (12" x 20" x 2½")