



Sweet and Sassy Chicken

USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

1 chicken breast provides 2 oz equivalent meat.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|--|-------------|-----------|--------------|------------|--|
| | Weight | Measure | Weight | Measure | |
| Frozen, cooked chicken breasts, thawed (2 oz portions) | 6 lb 4 oz | 50 pieces | 12 lb 8 oz | 100 pieces | 1 Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 50 servings, use 4 pans. For 100 servings, use 8 pans. |
| Honey | 4 oz | ½ cup | 8 oz | 1 cup | |
| Dijon mustard | 2 oz | ¼ cup | 4 oz | ½ cup | 2 Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken. |
| Orange juice | | ¼ cup | | ½ cup | |
| | | | | | |



| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---------------|-------------|---------|--------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 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 | | 1 Tbsp | | 2 Tbsp | 6 Garnish with parsley. |
| | | | | | 7 Critical Control Point: Hold for hot service at 135 °F or higher. |
| | | | | | 8 Serve 1 chicken breast (2 oz). |
| | | | | | |



**NUTRITION INFORMATION**

For 1 chicken breast (2 oz).

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 90 |
| Total Fat | 2 g |
| Saturated Fat | 1 g |
| Cholesterol | 43 mg |
| Sodium | 240 mg |
| Total Carbohydrate | 3 g |
| Dietary Fiber | 0 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 15 g |
| 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

| 50 Servings | 100 Servings |
|---|--|
| About 6 lb 4 oz | About 12 lb 8 oz |
| About 50 chicken breasts/4 sheet pans (18" x 26" x 1") | About 100 chicken breasts/8 sheet pans (18" x 26" x 1") |

