



Honey Garlic Chicken Stir Fry

Classic chicken stir-fry loaded with a combination of sauteed vegetables, including carrots, red peppers, zucchini, Vidalia onions, broccoli, squash, and mushrooms in a sweetened soy sauce.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Georgia Department of Education-School Nutrition Division

Preparation Time: 45 minutes

Cook Time: 15 minutes

NSLP/SBP crediting information:

1 cup (8 fl oz spoodle) provides ¼ cup red/orange vegetable, ⅛ cup dark green vegetable, ¼ other vegetable, ⅛ cup additional vegetable, 2 oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, canola	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	<ol style="list-style-type: none"> 1. Wash and dry all produce. Pre-heat skillet over medium-high heat. 2. Slice carrots into ¼ inch rounds. Cut broccoli into bite-size pieces. Remove seeds from peppers and slice into strips. Slice zucchini into ¼ inch rounds. Julienne onions. Slice mushrooms into ⅛ inch slices. 3. Pre-heat half the oil in a tilt skillet. For 50 servings, use ¾ cup of oil. For 100 servings, use ¾ cup of oil. 4. Add all vegetables (except garlic) and cook for approximately 9 minutes or until vegetables are crisp
*Carrots, fresh, without tops	3 lb 2 oz	1 qt 1 cup	6 lb 4 oz	2 qt 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					and tender. Note: Do not overcook the vegetables. This will create better flavor, color, and texture.
*Broccoli, fresh, untrimmed	2 lb 8 oz	2 qt	5 lb	1 gal	
*Pepper, bell, fresh, red	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt	
*Squash, summer, zucchini, fresh, whole	1 lb 14 oz	2 qt	3 lb 8 oz	1 gal	
*Onion, mature, fresh, whole	1 lb 12 oz	2 qt	3 lb 8 oz	1 gal	
*Mushrooms, sliced	2 lb	3 qt	4 lb	1 gal 2 qt	
Chicken, pre-cooked, frozen, strips	6 lb 4 oz	1 gal 1 qt	12 lb 8 oz	2 gal 2 qt	5. Add remaining canola oil, sesame oil, chicken, garlic, and black pepper. Cook for approximately 3 minutes until chicken's internal temperature reaches 165 °F. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Oil, sesame	½ oz	1 Tbsp	1 oz	2 Tbsp	
Garlic, minced	4 oz	1 cup	8 oz	2 cups	
Black pepper, ground	1 1/5 oz	¼ cup	2 2/5 oz	½ cup	
Water	1 lb	2 cups	2 lb	1 qt	6. In a bowl, whisk together water, honey, soy sauce, and cornstarch.
Honey	1 lb 14 oz	2 ⅓ cups	3 lb 12 oz	4 ⅔ cups	
Soy sauce, reduced sodium	1 lb 12 oz	3 cups	3 lb 8 oz	1 qt 2 cups	7. Pour the soy sauce mixture over the stir-fry. 8. Stir the stir-fry while allowing the sauce to come to soft boil. This thickens the sauce. Once the sauce begins to thicken (about 3-5 minutes), the stir-fry is ready. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Cornstarch	½ oz	¼ cup	1 oz	½ cup	
					9. Place the stir-fry in steamtable pans. Serve immediately or cover and place in a warmer until ready for service. Critical Control Point: Hold for hot service at 135 °F



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>or higher, or chill for later use in pans with no more than 2 inch depth of food. Cool to 70 °F within 2 hours and 40 °F or lower within 4 hours. Reheat to a minimum of 165 °F for at least 15 seconds.</p> <p>10. Serve 1 cup. Portion with 8 fl oz spoodle.</p>



HONEY GARLIC CHICKEN STIR FRY
NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	206
<hr/>	
Total Fat	6 g
Saturated Fat	<1 g
Cholesterol	42 mg
Sodium	174 mg
Total Carbohydrates	23 g
Dietary Fiber	2.2 g
Total Sugars	16.7 g
Added Sugars included	N/A
Protein	16 g
<hr/>	
Vitamin A	1812 mcg
Vitamin C	60 mg
Vitamin D	N/A
Calcium	36 mg
Iron	1.2 mg
Potassium	N/A

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Carrots	4 lb 1 ¼ oz	8 lb 2 ½ oz
Broccoli	3 lb 1 ½ oz	6 lb 3 oz
Peppers, Red	3 lb 7 oz	6 lb 14 oz
Squash, Summer, Zucchini	2 lb	4 lb
Onion, mature	2 lb 4oz	4 lb 8 oz
Mushrooms	4 lb 10 oz	9 lb 4 oz

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #2: Same Day Service</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 5 gal 1qt 2 1/2 cups About 22 lb	About 10 gal 3 qt ¾ cups About 44 lb

