



## Spiced Chicken Grain Bowl

Spiced mixture of kale, butternut squash, diced chicken, and dressing over brown rice.

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

**Preparation Time:** 1 hour

**Cook Time:** 25 minutes

**NSLP/SBP crediting information:**

6 oz serving provides 2 oz equivalent meats/meat alternates, 1 oz equivalent grains, ¼ cup red/orange vegetable, ¼ cup dark green vegetable, ⅛ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil blend		1 cup		2 cups	<ol style="list-style-type: none"> <li>1. Prepare the marinade: combine red wine vinegar, honey, oregano, salt, and pepper in a mixing bowl and whisk until well incorporated.</li> <li>2. Slowly drizzle oil into mixture while steadily whisking until smooth. Alternatively, this can be done in a blender.</li> <li>3. Toss marinade and chicken together until completely coated and store. <b>Critical Control Point:</b> Hold chicken at 41 °F or lower.</li> </ol>
Red wine vinegar		¼ cup		½ cup	
Honey		½ cup		1 cup	
Oregano, ground		1 Tbsp		2 Tbsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt, table		1 Tbsp		2 Tbsp	
Black pepper, ground		1 Tbsp		2 Tbsp	
*Butternut squash, raw, diced	8 lb	1 gal 2 qt 1 cup	16 lb	3 gal 2 cups	<p><b>4.</b> Preheat oven to 425 °F.</p> <p><b>5.</b> Clean and peel squash. Cut in half lengthwise and remove seeds with spoon. Dice squash (if not already done).</p> <p><b>6.</b> Mix garlic powder, onion powder, and paprika. Set aside.</p> <p><b>7.</b> Toss diced squash with olive oil and spread on baking sheet. Sprinkle with seasoning mixture and roast in oven at 425 °F for 20 minutes or until tender.</p> <p><b>Critical Control Point:</b> Heat to 135 °F or higher for 15 seconds.</p>
*Kale, raw, thinly sliced	3 lb 12 oz	12 ½ cups	7 lb 8 oz	1 gal 2 qt 1 cup	<p><b>8.</b> Rinse kale under cold running water. Cut out stems. Allow to dry. Slice thin.</p>
Garlic powder		1 Tbsp		2 Tbsp	
Onion powder		½ Tbsp		1 Tbsp	
Paprika		2 Tbsp		¼ cup	
Olive oil blend		¼ cup		½ cup	
Brown rice, cooked		1 gal 2 qt 1 cup		3 gal 2 cups	<p><b>9.</b> While squash is roasting, cook rice according to package and prep marinade.</p> <p><b>Critical Control Point:</b> Hold rice for hot service at 135 °F or higher.</p> <p><b>10.</b> Remove squash from the oven and toss lightly with kale. Allow kale to wilt.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken strips, cooked	6 lb 4 oz		12 lb 8 oz		<p>11. Portion ½ cup of rice into each serving container with No. 8 scoop.</p> <p>12. Toss squash/kale mixture with dressing and serve 2 oz (¼ cup) portion over rice.</p> <p>13. Top each bowl with 2 oz (¼ cup) portion of marinated chicken.</p> <p>14. Hold each salad in the warmer for service.</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p>



