



Sweet and Sour Chicken Stir Fry

Chicken, vegetables, and apples stir-fried together in a sweet and savory sauce.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Wisconsin Department of Public Instruction

Preparation Time: 26 minutes
Cook Time: 41 minutes

NSLP/SBP crediting information:

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Broccoli, fresh, untrimmed, whole	5 lb		10 lb		<ol style="list-style-type: none"> 1. Preheat conventional oven to 350 °F. 2. Trim and chop broccoli to uniform size, approximately 2-inch pieces. 3. Peel and cut carrots to uniform size, approximately ¼ inch thick coins. 4. Core and chop apples to uniform size, approximately ¾-inch pieces. 5. Place broccoli in a steamer pan. 6. Steam broccoli until tender:
*Carrots, fresh, whole, without tops	6 lb 3 oz		12 lb 6 oz		
*Apples, Granny Smith, fresh, whole	3 lb 12 oz		7 lb 8 oz		
Apple juice	8 7/10 oz	2 cups	1 lb 1 oz	1 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>Non-pressurized steamer: 13 minutes in perforated pan.</p> <p>Conventional oven: Fill a 4-inch deep hotel pan with 1 inch of water. Put broccoli in a 2-inch perforated pan and then place it inside the water-filled pan. Cover tightly and cook at 350 °F on low fan for 26 minutes.</p> <p>7. Add apple juice, oil, brown sugar, vinegar, chicken stock, soy sauce, and sweet chili sauce to a large stock pot. Bring to boil over medium heat.</p>
Vegetable oil	10 ½ oz	1 ½ cups	1 lb 5 oz	3 cups	8. Add the carrots and apples to the stock pot. Simmer until carrots are tender, 20 minutes or longer if needed.
Brown sugar, packed	5 oz	1 cup	10 oz	2 cups	
Apple cider vinegar	1 lb 3 oz	2 ¼ cups	2 lb 6 oz	1 qt ½ cup	
Chicken stock	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Low-sodium soy sauce	11 3/10 oz	1 ¼ cups	1 lb 7 oz	2 ½ cups	
Sweet chili sauce	8 oz	¾ cup	1 lb	1 ½ cups	
Ground ginger		¼ cup		½ cup	9. Combine ground ginger, garlic powder, onion powder, white pepper, and cornstarch in a bowl.
Garlic powder		¼ cup		½ cup	
Onion powder		¼ cup		½ cup	
White pepper		1 Tbsp		2 Tbsp	
Cornstarch	5 oz	1 cup	10 oz	2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cold water		1 ½ cups		3 cups	<p>10. Add cold water to cornstarch mixture and whisk to combine.</p> <p>11. Add cornstarch mixture to stock pot and stir with whisk until thickened, about 5-7 minutes.</p>
Chicken, frozen, cooked, diced, thawed	6 lb 4 oz		12 lb 8 oz		<p>12. Add chicken to stock pot and stir while cooking. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>13. Transfer mixture to steam table pans and add steamed broccoli. For 50 servings, use two pans. For 100 servings, use four pans. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>14. Portion 1 cup with 8 fl oz spoodle.</p>



SWEET AND SOUR CHICKEN STIR FRY
NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	249
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Total Fat	10 g
Saturated Fat	2 g
Cholesterol	54 mg
Sodium	422 mg
Total Carbohydrate	21 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	19 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	38 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Broccoli, fresh, untrimmed, whole	5 lb	10 lb
Carrots, fresh, whole, without tops	6 lb 3 oz	12 lb 6 oz
Apples, Granny Smith, fresh, whole	3 lb 12 oz	7 lb 8 oz

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

YIELD/VOLUME	
50 Servings	100 Servings
About 24 lb 13 oz	About 49 lb 10 oz
About 3 gal 2 cups	About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

