

Recipe Crediting Worksheet

Recipe Name Arroz con Pollo

Portion Size 3/4 Cup

Resource used for Crediting SBG

Yield 23 servings 30.6 Cups

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
B.S. Chicken Breast	3 lb	34.8		
Rice, white long grain	2 lbs			60
Tomato, canned, diced	29 oz		3.3	
Tomato sauce	15.5 oz		1.7	
Onion	1 lb		1.9	
Peas, frozen	1 lb		2.3	
(4)	Recipe Total	34.8 ounces	9.2 cup(s)	60 equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>36.8</u> ¼ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	1.5 ounces	1.6 ¼ cup(s)	2.6 equiv

Instructions:

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
4. Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
6. Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
7. Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Component Contribution
 X ___ Meat/Alt X ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>3/4 Cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>30.6 Cups</u> Recipe Yield	
		Weight	Measure
B.S. Chicken Breast	Diced, 1" cubes	3 lb	
Rice, white long grain		2 lb	
Tomato, diced, canned		29 oz	
Tomato sauce		15.5 oz	
Onion	Chopped	1 lb	
Peas	Frozen	1 lb	
Cumin, garlic, chicken Bullion, oil,			
Water			2 qts

Directions:

Cook chicken until tender, set aside.

Cook rice, onion and garlic in oil.

Add water, tomato, sauce, seasonings, peas, chicken. Bring to boil.

Cover and reduce heat to simmer.

Cook covered until rice is done, about 20-25 minutes.