

# Recipe Crediting Worksheet

Recipe Name Oriental Citrus Chicken

Resource used for Crediting FBG

Servings 22

Yield 13 cups

Portion Size .59 cup

(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		
Pineapples chunks	4 cups		4	
Sliced fresh vegetables:	8 cups		8	
Red pepper, onion, broccoli				
Mushrooms				
Orange Juice	3 cups		3	
Cooked rice	6 cups			24
(4)	Recipe Total	34.8 ounces	15 cup(s)	24 equiv
(5)	(6) Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>60</u> ¼ c	divide by the number of servings the recipe yields
(6)		22	divide by the number of servings the recipe yields	
(7)	Each portion contributes	1.5 ounces	2.7 ¼ cup(s)	1 equiv

## Instructions:

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- 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.
- 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.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
- 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.
- Round down the ounces of 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

\*\*\* Choose only 2 components to meet meal pattern requirements

<u>22</u> Servings	<u>.59 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>13 cups</u> Recipe Yield	
		Weight	Measure
Raw B.S. Chicken breasts	Cut into 2" pieces	3 lb	
Canned Pineapple chunks,	Chunks, drained, Reserve the juice	2 20 oz cans	4 cups
Prepared Orange juice			3 cups
Fresh Vegetables:	Sliced		8 cups
Broccoli, sweet peppers			
Onion, mushrooms			
Vegetable oil			4 tsp
Ginger root OR	Slices, peeled, minced		4 slices
Powdered ginger			1 tsp
Garlic cloves OR	Minced		4
Garlic powder			1/2 tsp
Chicken broth			2 cups
Vinegar			4 Tbsp
Soy sauce			4 Tbs
Sugar			2 Tbs
Cornstarch			4 Tbs
Rice	Cooked		6 cups

**Directions:**

- Heat oil in a large skillet over medium heat (350 degrees in an electric skillet).
- Add chicken, ginger, and garlic and cook 5 minutes or until chicken is no longer pink.
- Add pineapple juice, 2 cups of orange juice, chicken broth, and vinegar. Cover and simmer for 5 minutes.
- Add sliced vegetables. Cover and cook 3 minutes.
- Mix remaining 1cup orange juice, soy sauce, sugar, and corn starch together in a small bowl. Stir until smooth. Add to skillet and cook, stirring constantly, until mixture comes to a boil and thickens. Add pineapple chunks. Serve over rice.