

Stir-Fry Fajita Chicken, Squash, and Corn

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-60r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1. Boil water.
Brown rice, long-grain, regular, dry 3 lb		1 qt 3 1/2 cups	6 lb	3 qt 3 cups	2. Place 3 lb brown rice in each steam table pan (12" x 20" x 2 1/2"). 3. Pour water (3 quarts per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Granulated garlic		1 tsp		2 tsp	6. Sprinkle brown rice with granulated garlic and half of salt-free seasoning, reserving the other half for step 8. Mix well. Fold in cilantro.
Salt-free chili-lime seasoning blend		2 Tbsp 1 tsp		1/4 cup 2 tsp	

Canola oil		1/2 cup		1 cup	7. Heat oil. Sauté onions for 2-3 minutes.
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 1/4 cups	
Frozen, cooked fajita chicken strips, thawed	4 lb	1 gal	8 lb	2 gal	8. Add chicken, squash, and remaining salt-free seasoning. Stir-fry over high heat for 10 minutes or until squash is tender.
*Fresh butternut squash, peeled, cubed 1/2"	4 lb	3 qt 1 cup	8 lb	1 gal 2 1/2 qt	
*Fresh red bell peppers, diced 1/2"	1 lb	3 cups	2 lb	1 qt 2 cups	9. Add red peppers, corn, green chilies, tomatoes, black pepper, cumin, and garlic powder. Continue to stir-fry over medium-high heat for no more than 7 minutes to maintain crunchiness of vegetables.
Frozen corn, thawed, drained	2 lb	1 qt 1 1/2 cup	4 lb	2 qt 3 cups	
Canned, diced green chilies	1 lb	2 cups (1/2 No. 10 can)	2 lb	1 qt (1 No. 10 can)	
Canned low-sodium diced tomatoes	1 lb 2 oz	2 1/4 cups (1/4 No. 10 can)	2 lb 4 oz	1 qt 1/2 cup (1/2 No. 10 can)	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	

Garlic powder

2 tsp

1 Tbsp 1 tsp

10. Reduce heat to low and simmer for 2 minutes..

11. Critical Control Point: Hold for hot service at 135 °F or higher.

12. Portion 6 fl oz spoodle (3/4 cup) stir-fry over No. 8 scoop (1/2 cup) brown rice.

Notes

Our Story

On the Navajo Indian Reservation in Arizona, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the sweet flavor of butternut squash with onions, corn, red peppers, and diced chilies brought together with a blend of spices and diced tomatoes. Stir-Fry Fajita Chicken, Squash, and Corn uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

Monument Valley High School

Kayenta, Arizona

School Team Members

School Nutrition Professional: Cathy Getz

Chef: Paul Gray (Head Cook, Anasazi Inn)

Community Members: Samantha J. Interpreter, RD, Lieutenant United States Public Health Service RDF-5 and Mike Williams

Students: Kevin B. and Brett B.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Butternut squash	4 lb 13 oz	9 lb 10 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz

Serving	Yield	Volume
3/4 cup (6 fl oz spoodle) stir-fry mixture over 1/2 cup (No. 8 scoop) brown rice provides 1 1/4 oz equivalent meat, 3/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/4 cup other vegetable, and 1 oz equivalent grains.	25 Servings: about 12 lb 12 oz stir-fry about 6 lb brown rice	25 Servings: about 1 gallon 2 quarts stir-fry about 3 quarts brown rice
	50 Servings: about 25 lb stir-fry about 12 lb brown rice	50 Servings: about 3 gallons stir-fry about 1 gallon 2 quarts brown rice

Nutrients Per Serving

Calories	396	Saturated Fat	2 g	Iron	2 mg
Protein	20 g	Cholesterol	62 mg	Calcium	58 mg
Carbohydrate	59 g	Vitamin A	7347 IU	Sodium	547 mg
Total Fat	10 g	Vitamin C	44 mg	Dietary Fiber	7 g