

Sweet and Sassy Chicken

D-67

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen, cooked chicken breasts, thawed (2 oz portions)	3 lb 2 oz	25 pieces	6 lb 4 oz	50 pieces	<ol style="list-style-type: none"> 1. Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. 2. Combine honey, mustard, and orange juice in a small bowl. Mix well. Brush mixture on chicken. 3. Bake until light brown: 4. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. 5. Remove from oven. 6. Garnish with parsley. 7. Critical Control Point: Hold for hot service at 135 °F or higher. 8. Serve 1 chicken breast (2 oz).
Honey	2 oz	1/4 cup	4 oz	1/2 cup	
Dijon mustard	1 oz	2 Tbsp	2 oz	1/4 cup	
Orange juice		2 Tbsp		1/4 cup	
Dried parsley		2 tsp		1 Tbsp	

Notes

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

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 chicken breast provides: 2 oz equivalent meat/meat alternate.

CACFP Crediting Information: 1 chicken breast provides: 2 oz meat/meat alternate.

Serving	Yield	Volume
See Notes	25 Servings: about 3 lb 2 oz	25 Servings: about 25 chicken breasts / 2 sheet pans (18" x 26" x 1")
	50 Servings: about 6 lb 4 oz	50 Servings: about 50 chicken breasts / 4 sheet pans (18" x 26" x 1")

Nutrients Per Serving

Calories	90	Saturated Fat	1 g	Iron	1 mg
Protein	15 g	Cholesterol	43 mg	Calcium	8 mg
Carbohydrate	3 g	Vitamin A	12 IU	Sodium	240 mg
Total Fat	2 g	Vitamin C		Dietary Fiber	