

Mediterranean Chicken Bowl



Ingredients

Serves 16

- 5 lbs. ProView Boneless Roasted Chicken Bites, #40011
- 1 lbs. + 10 oz. WG Brown Long Grain Rice
- 2 lbs. Cucumber (diced small)
- 1 lbs. Fresh Tomato (diced small)
- 4 oz. Red Onion (diced small)
- 1/3 cup + 1 tbsp. + 1/2 tsp. Fat-Free Italian Dressing
- 3 lbs. + 3 oz. Low Sodium, Canned Garbanzo/Chickpea Beans
- 3 tbsp. + 3/4 tsp. Canola Oil
- 1 tsp. Salt, Iodized
- 1 tsp. Oregano
- 1 3/4 tsp. Garlic Powder
- 3/8 tsp. Pepper, Black
- 8 oz Tzatziki Sauce
- 16 oz Balsamic Vinaigrette
- 3 lbs. Fresh Chopped Romaine Lettuce
- 13 flatbread 2oz, Frozen Whole Grain Flatbread

Directions

1. Place diced cucumber, tomato and red onion into mixing bowl. Add Italian dressing and mix until well combined.
2. Place in cooler to hold cold until service. Ensure cold food is held at a temperature below 41° F.
3. Cook rice as directed. Place product in warming cabinet until served.
4. Preheat convection oven to 350°F.
5. Place chickpeas in mixing bowl and add oil, salt, oregano, garlic powder and pepper. Toss until well combined.
6. On a clean sheet pan, spread chickpeas in an even layer.
7. Place in oven and bake for 30-40 minutes, tossing halfway through, until chickpeas are crispy.
8. Remove product from oven. Allow chickpeas to cool to room temperature.
9. Place chicken bites in half or full size hotel pans. Add 1/2 cup of water for half pan and 1 cup of water for full size pan.
10. Cover pan and place in oven. Bake for 10-12 minutes, turning the chicken after 6 minutes.
11. Remove from oven. Place product in warming cabinet until served.
12. In serving bowl place
 - 1/2 cup brown rice
 - 3 oz roasted chicken bites (6 bites)
 - 1/4 cup cucumber tomato salad
 - 1/4 cup romaine lettuce
 - 1/8 cup roasted chickpeas
 - 1 tbsp Tzatziki sauce
 - Drizzle 1 tbsp balsamic dressing over top
 - Place 3 flatbread pieces in bowl

* All products should be heated to 165°F degrees internal temperature. Ensure that all hot food is held at a temperature above 140°F.

CN Crediting

2
m/ma

2
oz eq
gr

1/2
cup
veg

Nutrition Facts per serving*

Calories: 432
Sat Fat: 1g

Total Fat: 13g
Sodium: 963mg

**This is an approximation of the final nutritional data and will vary based on the actual products you choose to use in the recipe.*

HACCP Guidelines

Entree, Mediterranean Chicken Bowl, 1 Serving

General Information

Category

Lunch Entree 



Mediterranean Chicken Bowl

Serving Size 1 bowl
Yield 26.00

Nutrition Facts

Serving Size 1 bowl (369 gm)

Amount Per Serving
Calories 431.718

% Daily Value*

Total Fat 12.639 gm 19.444%

Saturated Fat 1.131 gm 5.653%

Trans Fat 0.007 gm

Cholesterol 57.705 mg 19.235%

Sodium 962.834 mg 40.118%

Total 51.469 gm 17.156%

Carbohydrate

Dietary Fiber 5.191 gm 20.764%

Total Sugars 7.230 gm

Includes 2.288 * gm of Added Sugars

Protein 27.775 gm 55.549%

Vitamin A N/A* mcg RAE

Vitamin C 4.834* mg 8.056%

Vitamin D 0.000* mcg

Calcium 95.732* mg 9.573%

Iron 1.838* mg 10.211%

Potassium 588.270* mg 12.516%

Saturated Fat % of Calories 2.357%

Added Sugar % of Calories 2.120%

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component Measurement

Ingredients

Name	Quantity
M/MA, Chicken Bites, Boneless, Oven Roasted, ProView 40011, 6/5lb	5 lbs.
Whole Grain, Rice, Brown, Long Grain, Parboiled	1 lbs., 10 oz.
Water, tap, drinking	1 qt., 1 pt., ½ c. 8 fl oz
Vegetable, Cucumber, Fresh	2 lbs.
Vegetable, R/O, Tomato, 5x6, Fresh	1 lbs.
Vegetable, Onion, Red, Fresh	4 oz.
Condiment, Dressing, Italian, Fat-Free	⅓ c., 1 tbsp., ½ tsp.
Vegetable, Beans, Garbanzo/Chickpea, Low Sodium, Canned	3 lbs., 3 oz.
Seasoning, Oil, Canola, Dry	3 tbsp., ¾ tsp.
Seasoning, Salt, Iodized, Dry	1 ⅝ tsp.
Seasoning, Oregano, Dry	1 ⅝ tsp. leaves
Seasoning, Garlic Powder, Dry	1 ¾ tsp.
Seasoning, Pepper, Black, Dry	¾ tsp.
M/MA, Yogurt, Greek, Plain, Nonfat	1 lbs., 2 ½ oz.
Seasoning, Lemon Juice, Bulk	1 tbsp., ½ tsp.
Seasoning, Dill Weed, Dry	1 tbsp., ½ tsp.
Condiment, Dressing, Balsamic Vinaigrette, Bulk	1 ½ c., 2 tbsp.
Vegetable, Dark Green, Lettuce, Romaine, Chopped, Fresh	1 qt., 1 pt., ½ c.
Whole Grain, Flatbread, 2oz, Frozen	13 flatbread

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
2. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.
3. Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

4. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Prepare Flatbread

5. Allow flatbread to thaw at room temperature.
6. Once thawed, slice flatbread in half. Then cut each half into 3 triangles.

Prepare Cucumber Tomato Salad

7. Wash fresh produce under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.
8. Remove any damaged or bruised areas.
9. Using a clean knife and cutting board dedicated to produce, trim and dice cucumber, tomato and red onion.
10. Place diced cucumber, tomato and red onion into mixing bowl. Add Italian dressing and mix until well combined.
11. Label, date, and place in cooler to hold cold until service.

CCP: Ensure cold food is held at a temperature below 41° F.

Prepare Roasted Chickpeas

12. Preheat convection oven to 325°F.
13. Clean top of chickpea cans before opening. Ensure that can has no dents or defects. Using clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.
14. Drain, rinse and pat chickpeas with paper towels until dry.
15. Place chickpeas in mixing bowl and add oil, salt, oregano, garlic powder and pepper. Toss until well combined.

- Note: For every 26 servings use 3/4 tsp garlic powder.

Meat/Meat Alternates	2 oz
Whole Grain-Rich	2 oz
Additional Vegetables	0.25 cups
Dark Green	0.125 cups
Beans, Peas, and Lentils	0.125 cups

16. On a clean sheet pan, spread chickpeas in an even layer.

17. Place in oven and bake for 30-40 minutes, tossing halfway through, until chickpeas are crispy.

CCP: Heat to 135°F or higher for at least 15 seconds.

18. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

19. Allow chickpeas to cool at room temperature.

Prepare Tzatziki Sauce

20. In a mixing bowl combine yogurt, lemon, garlic powder and dill weed.

- Note: For every 26 servings use 1 tsp garlic powder.

21. Mix until evenly combined.

22. Label, date and place in cooler to hold cold until service.

CCP: Ensure cold food is held at a temperature below 41° F.

Prepare Roasted Chicken Bites

23. Preheat convection oven to 350°F.

24. Place chicken bites in half or full size hotel pans.

25. Add 1/2 cup of water for half pan and 1 cup of water for full size pan.

26. Cover pan and place in oven.

27. Bake for 10-12 minutes, turning the chicken after 6 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

28. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140°F.

Prepare Brown Rice

29. Bring water to a boil.

30. Add rice and stir.

31. Cover tightly and simmer over low heat until most of the water is absorbed (about 25 minutes).

32. Remove product from heat. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

33. Transfer to serving pan. Fluff with fork before serving.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140°F.

Assemble Bowl

34. In serving bowl place

- 1/2 cup brown rice
- 3 oz roasted chicken bites (6 bites)
- 1/4 cup cucumber tomato salad
- 1/4 cup romaine lettuce
- 1/8 cup roasted chickpeas
- 1 TBSP Tzatziki sauce
- Drizzle 1 TBSP balsamic dressing over top
- Place 3 flatbread pieces in bowl

35. Offer each student one (1) Mediterranean Chicken Bowl.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140° F must be removed from service until such time as they are reheated to 165° F. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

USDA Meal Pattern Component Contribution

Proview Roasted Chicken Bites (3oz): 2 oz eq Meat/Meat Alternate [MFG]

Whole Grain Brown Rice (1/2 cup cooked): 1 oz eq Whole Grain [FBG]

Whole Grain Rich Flatbread (1/2 flatbread): 1 oz eq Whole Grain Rich [MFG]

Cucumber Tomato Salad (1/4 cup): 1/4 cup Additional Vegetable [FBG]

Fresh Romaine Lettuce (1/4 cup): 1/8 cup Dark Green Vegetable [FBG]

Roasted Chickpeas (1/8 cup): 1/8 cup Beans, Peas, and Lentils [FBG]