

Spiced Chicken Grain Bowl

Prep: 1 hour | Cook Time: 25 minutes

Kale, roasted butternut squash, and diced chicken tossed in a housemade dressing and served over a bed of brown rice.

Crediting Information: 1- 6 oz serving provides 2 oz equivalent meat/MA, 1 oz eq grain, and ¼ cup red/orange, and ¼ cup dark green.

Source: Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A






*This recipe can be gluten free if the chicken strips are a gluten free certified product. Always check the product label for verification.



Chef Tips:

To wash greens:

- Sanitize a large prep sink.
- Fill the sink ¾ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water this will accelerate the spoiling process.

Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Red wine vinegar		¼ cup		½ cup
Honey		½ cup		1 cup
Oregano, ground		1 Tbsp		2 Tbsp
Salt, table		1 Tbsp		2 Tbsp
Black pepper, ground		1 Tbsp		2 Tbsp
Olive Oil blend		1 cup		2 cups
Chicken strips, cooked, diced 	6 lb 4 oz		12 lb 8 oz	
Butternut squash, raw, diced 	8 lb	1 gal 2 qt 1 cup	16 lb	3 gal 2 cups
Garlic powder		1 Tbsp		2 Tbsp
Onion powder		½ Tbsp		1 Tbsp
Paprika		2 Tbsp		4 Tbsp
Olive oil blend		¼ cup		½ cup
Kale, raw, thinly, sliced 	3 lb 12 oz	12 ½ cups	7 lb 8 oz	1 gal 2 qt 1 cup
Brown rice, cooked		1 gal 2 qt 1 cup		3 gal 2 cups

Nutrition Information

Serving Size: 4 oz grain mixture +2 oz chicken

Nutrients	Amount
Calories	242 kcal
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	43 mg
Sodium	220 mg
Total Carbohydrate	35 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars Included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	126 mg
Iron	2 mg
Potassium	N/A

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Butternut squash, raw, diced	8 lb	16 lb
Kale, fresh, with stem	5 lb 3 oz	10 lb 6 oz

Notes

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


Cooking process #2: Same day service.




Yield/Volume



50 Servings	100 Servings
18 lb 12 oz serving of salad mixture	37 lb 8 oz serving of salad mixture
1 gal, 2 qt, 1 cup diced chicken / 1 steam table pan	3 gal, 2 cup diced chicken / 2 steam table pans
1 gal, 2 qt, 1 cup rice / 1 steam table pan	3 gal, 2 cup rice / 2 steam table pans
1 gal, 2 qt, 1 cup vegetables / 1 steam table pan	3 gal, 2 cup vegetables / 2 steam table pans

Directions

- Advanced preparation: The day prior to service, prepare the dressing and mix with the thawed chicken. Cover and allow to marinate overnight in the refrigerator on the bottom shelf. 

- Critical Control Point: Hold for cold service at 41 °F or lower. 

1. Prepare the marinade:


- Combine red wine vinegar, honey, oregano, salt, and pepper in a mixing bowl and whisk until well incorporated.
- Slowly drizzle 1 cup (2 cups for 100 servings) olive oil into mixture while steadily whisking until smooth. 
- Alternatively, this can be done in a blender.
- Reserve ¼ of the marinade and set aside.
- Toss remaining marinade and chicken together until completely coated and store. 


- Critical Control Point: Hold chicken at 41°F or lower.

2. Preheat oven to 425° F

- Clean and peel squash. Cut in half lengthwise and remove seeds with spoon. Dice squash into ¾" cubes (if not already done).


- Mix garlic powder, onion powder, and paprika, set aside. Toss diced squash with ¼ cup olive oil (½ cup for 100 servings), spread on baking sheet, and sprinkle with seasoning mixture. Roast in the oven until tender. 425° F for 15-20 minutes.

- Rinse kale under cold running water. Cut out stems. Allow to dry. Slice thin. **See chef tip.* 


- While squash is roasting, cook rice according to package. 

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


- Remove squash from the oven and toss lightly with kale. Allow kale to begin wilting.


- Reduce oven temperature to 400°F and cook chicken for 5-8 minutes, or until internal temperature reaches 165°F. 

- Critical Control Point: Hold chicken at 135°F or higher.

- Portion with No. 8 scoop (½ cup) rice into each serving container. 

- Toss squash/kale mixture with the remaining marinade.

- Serve 2 oz (½ cup) portion of squash/kale mixture over rice using a No. 8 scoop. 

- Top each bowl with 2 oz (½ cup - No. 8 scoop) portion of marinated chicken. 

- Hold each bowl in the warmer until service. 

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