

# CHEESY CHICKEN OVER RICE

**MEAL COMPONENT CONTRIBUTION:**

2½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 80 **SIZE OF PORTION:** 1/2 cup rice + 2/3

cup chicken mixture

**RECIPE HACCP PROCESS:** #2 - Same day service


MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Chicken, Diced, Cooked, IQF, #1019	10 pounds + 12 ounces
Bun, Hamburger, WGR, #1228	3 1/2 buns
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Onions, Frozen, Diced, #1610	1 quart
Soup, Cream of Chicken, Low Sodium, #2512	2 50 ounce cans
Sour Cream, Cultured, MS	3 quarts
Water, Municipal, Mississippi	2 quarts
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	3 pounds + 4 ounces
Pimentos, Diced, Canned, #2817	3/4 cup
Parsley, Dried, Chopped, #2717	1/2 cup
Pan Release Spray, Vegetable Oil, #2514	15 second spray
Rice, Long Grain, Brown, Parboiled, #2139	5 pounds + 3 ounces
Water, Municipal, Mississippi	1 gallon + 3 1/4 cup
Salt, Table, #2723	1 tablespoon + 1/8 teaspoon

**DIRECTIONS**

- Thaw the chicken in the refrigerator overnight. Drain the chicken when it is time to start making the recipe.  
CCP: Cover and refrigerate at 41 degrees F or lower.
- To prepare breadcrumbs:
  - Toast the buns in a low temperature oven (200 degrees F) until they are slightly golden brown and firm.
  - Cool the buns before preparing crumbs.
  - Break the bread into pieces and place them in a food processor or appropriate grinder.
  - Process the bread until the desired crumb size is obtained.
- Spray a braising pan, steam-jacketed kettle or skillet with food release spray.  
Add the onions and sauté them for about 5 minutes, or until the onion is tender.
- Blend the soup, sour cream, 2 quarts of water, cheese, pimento, parsley, and onions together in a large bowl.  
Then add the thawed chicken to the soup mixture.
- Pour the mixture into half-size steamtable pans (12" x 10" x 4") and sprinkle it with breadcrumbs.

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## DIRECTIONS

### 6. To bake:

Conventional oven: 350 degrees F, 30-40 minutes.

Convection oven: 350 degrees F, 30 minutes.

Serve immediately, or cover and place in the warmer until ready for service.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

CCP: Cover and hold the product for service at 135 degrees F or higher.

### 7. To prepare the rice:

- Spray a steamtable pan with pan release spray.
- Place the brown rice in the steamtable pan.
- Add the water to each pan.
- Add the salt to each pan and mix until well combined.
- Steam the rice for approximately 45 minutes or until tender and fluffy. Check the rice at 30 minutes of cooking time for water absorption. If needed add more water.
- Place rice in half-size steamtable pans (12" x 10" x 4") and cover. Place in warmer until ready to serve.

Rice amounts are based on USDA Food Buying Guide. Overcooking or hot holding rice for long periods of time will increase the volume and the yield.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

### 8. Portion rice with #8 scoop (½ cup serving), portion chicken mixture with a 6 ounce ladle or 6 ounce spoodle over cooked rice per serving.

Each portion provides 2½ oz. eq. of meat/meat alternate and 1 oz. eq. of whole grain.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for poultry.

## SERVING NOTES

Do not overfill steamable pans.

Garnish with several sprigs of parsley or kale/cherry tomato in one corner of each pan for eye appeal.

May be served over noodles instead of rice. The nutrient analysis will have to be re-calculated if noodles are used.

## NUTRIENTS PER SERVING

Calories	348	Dietary Fiber	1.19 g	Sodium	474.00 mg	Sat. Fat	7.75 g
Carbohydrates	31.15 g	Protein	27.77 g	Total Fat	13.16 g	Trans Fat	0.00 g

# CHEESY CHICKEN OVER RICE

## ILLUSTRATED STEPS FOR PREPARATION OF CHEESY CHICKEN OVER RICE

1.



Soup, sour cream, water, cheese, pimento, parsley, onions and chicken blended together

2.



The chicken mixture in half-size steamtable pans (12" x 10" x 4) and sprinkling it with breadcrumbs

3.



Pan ready for baking

4.



Baked Cheesy Chicken over Rice

5.



1 serving of Cheesy Chicken over Rice