

# CHICKEN FAJITA SALAD - USDA FOODS

**MEAL COMPONENT CONTRIBUTION:**

2½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, ½ cup dark green vegetable, ½ cup other vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 salad

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



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(RED/ORANGE) : VEGETABLES (DARK GREEN) : VEGETABLES  
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Strips, Fajita, USDA Foods, #100117	16 pounds
Dressing, Ranch, Dry Mix, #2244	1/3 packet
Milk, Fluid, Buttermilk, Cultured, Lowfat	2 1/4 cups + 1 tablespoon
Mayonnaise, Gallon, Bulk, # 2250	2 1/4 cups + 1 tablespoon
Salsa, #10 Can, USDA Foods #100330	1 quart + 3 1/2 cups
Sour Cream, Cultured, MS	3 3/4 cups
Lettuce, Green Loose Leaf, Crowns, Fresh, #4007	4 pounds + 12 ounces
Salad Mix, Iceberg, Carrot, Red Cabbage, #4012	15 pounds + 4 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	9 pounds + 14 ounces
Cheese, Mozzarella, Shredded, USDA	3 pounds + 2 ounces
Cheese, American, Grated/Shredded, #1306	3 pounds + 2 ounces
Tomatoes, Cherry, Fresh, #4108	4 pounds + 12 ounces
Chips, Tortilla, Light Salt, Bulk, #2125	6 pounds + 4 ounces
Peppers, Jalapeño, Sliced, #2810	1 pint

**DIRECTIONS**

- Defrost the chicken in the refrigerator overnight.
- Heat the grilled chicken strips according to package directions.  
CCP: Heat to 135 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.
- Cover the chicken strips and refrigerate them until ready for salad assembly.  
CCP: Hold under refrigeration (41 degrees or lower) until ready for assembly.
- Combine the ranch dressing mix, buttermilk, mayonnaise, sour cream and salsa. Mix the ingredients thoroughly. Portion 1½ ounces of Mexi-ranch dressing in individual portion containers. Cover and refrigerate until ready for salad assembly.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly
- If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, running water. Drain the lettuce thoroughly.  
If needed, chop the lettuce into bite-size pieces.  
Combine all of the salad greens.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.

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## DIRECTIONS

6. Rinse the tomatoes under cool running water, then thoroughly drain them.  
Slice the cherry tomatoes in half. Then place them in the refrigerator until ready for the salad assembly.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
7. Mix the cheeses together.  
Weigh 1 ounce of the mixture to determine the serving size.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
8. To assemble the salads:
  - Fill the salad container with 2 cups of mixed greens.
  - Place 9 - 10 tortilla chips around the edge of the salad.
  - Place 2¼ ounces of cooked chicken strips in the center of mixed greens.
  - Sprinkle 1 ounce of cheeses on top of chicken strips. Cheese may be served in individual containers to avoid dairy intolerance concerns.
  - Garnish each salad with 3 tomatoes (6 halves) and 2 slices of jalapeno peppers.
  - Place one container of Mexi-ranch dressing in the container.
  - Cover the salads and place them in the refrigerator until ready for service.
 CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes.
9. Portion 1 salad for each serving. Each portion provides 2½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, ½ cup dark green vegetable, and ½ cup other vegetable.

## PRODUCTION NOTES

Use commodity products when available. USDA Foods Grilled Chicken Strips have a different yield than purchased chicken strips, so nutrition analysis will need to be re-calculated if the purchased chicken is used. See recipe MRS 604 for a recipe using purchased fajita chicken.

## MISCELLANEOUS NOTES

Presentation Ideas: Use a container that allows s space for the salad, tortilla chips and dressing. A clear plastic lid, for eye appeal, is preferable. Do not refrigerate the tortilla chips. When the salad is ready for service, the chips should be placed in the salad container.

## NUTRIENTS PER SERVING

Calories	433	Dietary Fiber	3.97 g	Sodium	1285.00 mg	Sat. Fat	9.95 g
Carbohydrates	28.65 g	Protein	25.27 g	Total Fat	23.63 g	Trans Fat	0.00 g

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## ILLUSTRATED PRESENTATION OF CHICKEN FAJITA SALAD - USDA FOODS

1.



1 serving of Grilled Fajita Salad with cheese on the side.