

# CHICKEN FAJITA SALAD

**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, and 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, Southwest Flavor, #1028	15 pounds + 10 ounces
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, Bulk, #2823	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 + 6 ounces
Salad, Mesclun Mix, (Spring Mix), #4014	9 pounds + 14 ounces
Cheese, Mozzarella, Shredded, #1307	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.  
CCP: Hold under refrigeration (41 degrees F or lower).
- 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 the 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

# CHICKEN FAJITA SALAD

## DIRECTIONS

5. If the lettuce greens are not prewashed, separate the leaves, then rinse them well under cool, clean, 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 service.
6. Rinse the cherry tomatoes under cool, clean, running water, then drain them thoroughly. Slice the tomatoes in half.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
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 service.
8. Weigh 3 ounces of the chicken to determine portion size.
9. 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 3 ounces of cooked chicken strips in the center of the mixed greens.
  - Sprinkle 1 ounce of the cheeses on top of the chicken strips. The 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.
10. 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 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 salads.

USDA Foods grilled chicken strips have a different yield than purchased chicken strips, so nutrition analysis will need to be re-calculated if the commodity chicken is used. See recipe MRS 604.1 for a recipe using USDA Foods grilled chicken strips.

## MISCELLANEOUS NOTES

Presentation Ideas: Use a container that allows 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	430	Dietary Fiber	4.29 g	Sodium	1309.97 mg	Sat. Fat	9.28 g
Carbohydrates	30.60 g	Protein	26.61 g	Total Fat	23.16 g	Trans Fat	0.00 g

# CHICKEN FAJITA SALAD

## ILLUSTRATED PRESENTATION OF CHICKEN FAJITA SALAD

1.



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