

LEMON PEPPER CHICKEN



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 1/2 oz. eq. meat/meat alternate

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

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken, 8 Piece Cut, IQF, #1022	100 serving(s) , (Cooked Average)
Pan Release Spray, Vegetable Oil, #2514	5 gram(s)
Lemon Pepper, #2711	1/2 cup(s)

DIRECTIONS

1. Thaw chicken in refrigerator. Drain well. Arrange chicken on sheet pans lined with parchment paper or aluminum foil and sprayed with pan release spray.
2. Sprinkle lemon pepper over chicken.
3. Bake uncovered until tender, checking frequently:
 Conventional Oven: 425 degrees F, 45 minutes.
 Convection Oven: 375 degrees F, 30 minutes.

CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.

4. Transfer to steamtable pans for serving or cover and store in warmer until ready to serve.
5. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh, or 2 drumsticks, or 3 wings per serving. Each portion provides 2 1/2 oz. eq. of meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used.

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

"Culinary Techniques for Healthy School Meals: Preparing Meats, Poultry and Fish" provides seasoning and serving ideas for poultry.

NUTRIENTS PER SERVING

Calories	270	Dietary Fiber	0.00 g	Sodium	179.00 mg	Sat. Fat	4.50 g
Carbohydrates	0.00 g	Protein	31.00 g	Total Fat	15.00 g	Trans Fat	0.00 g