

LEMON PEPPER CHICKEN



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 80 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Chicken, 8 Piece Cut, IQF, #1022	80 servings , (Cooked Average)
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Lemon Pepper, #2711	1/3 cup
Pan Release Spray, Vegetable Oil, #2514	20 second spray

DIRECTIONS

- Thaw the chicken in the refrigerator.
CCP: Hold under refrigeration (41 degrees F or lower).
- Drain the chicken well.
- Place the chicken on aluminum foil lined pans sprayed with pan release spary. (The chicken should be panned in single layers, with like pieces on one sheet pan, such as all of the drumsticks together, all of the wings together, etc. Larger pieces of chicken take longer cooking time than smaller pieces).
- Spray the chicken with pan release spray and sprinkle the lemon pepper over the chicken.
- Bake uncovered until the chicken is tender, and the desired temperature is reached. Check the internal temperature of different sized pieces after 25 minutes of cooking time as different sized pieces after 25 minutes of cooking times, as different pieces may take longer to bake.
Conventional Oven: 425 degrees F for 45 minutes.
Convection Oven: 375 degrees F for 30 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer the chicken to steamtable pans. Serve it immediately, or cover it and place it in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.
- Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh, or 2 drumsticks, or 3 wings per serving. Each portion provides 2½ oz. eq. of meat/meat alternate.
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 different ingredients are used.

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

See pictures on MRS 506, Ranch Baked Chicken, or MRS 510, Crispy Chicken for illustrations of how to place pieces of chicken on the sheet pan and steamtable pan.

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

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NUTRIENTS PER SERVING

Calories	125	Dietary Fiber	0.00 g	Sodium	105.00 mg	Sat. Fat	3.00 g
Carbohydrates	0.00 g	Protein	9.50 g	Total Fat	9.50 g	Trans Fat	0.00 g