



Artisan WG Breast Nuggets with Tzatziki Sauce

With Rich Chicks Artisan Whole Grain Breaded

Made with Whole Muscle Chicken Nugget

Serving Size: 5.2 oz

Yield: 114 Servings

Contribution: 2oz Meat/Meat Alternate, 1oz Grains

Smart Snack: Smart Snack Compliant Concept

RC Product Code: 54487

Ingredients	Amount	Preparation Instructions
Rich Chicks Artisan Whole Grain Breaded Made with Whole Muscle Chicken Nugget 54487	30 lbs	1. Place breaded nuggets in single layer on large sheet pan, heat in 350 degree convection oven for 8-10 minutes or until nuggets reach an internal temperature of 165 degrees
Tzatziki Sauce (See Recipe Below)	1 Gal	2. Place 5 nuggets in food tray w/ 2 Tbsp tzatziki sauce and serve.
Tzatziki Sauce—Ingredients	Amount	Yield 1 Gallon
Cucumbers	4.5 lbs	1. Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.
Plain Greek Yogurt 32 oz container	3 containers	2. Add yogurt, dill, lemon juice, garlic an sea salt. Mix thoroughly.
Fresh Dill Chopped	1 Cup	3. Refrigerate overnight.
Lemon Juice	1/2 Cup	
Minced Garlic	7 Cloves	
Fine Sea Salt	1 Tbsp	

Nutritional Information for 5.2oz Serving

Portion	5.2oz / 5 Nuggets	Cholesterol (mg)	36
Calories	236	Sodium (mg)	372
Total Fat (g)	8	Total Carbohydrates (g)	15
Saturated Fat (g)	2	Dietary Fiber (g)	>1
Trans Fat (g)	0	Protein (g)	21
Sugar (g)	1		

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.