



RC Product Code: 54487

Nuggets with Tzatziki Sauce

with Premium Artisan Whole Grain Breaded Chicken Breast Nuggets, CN Labeled, Fully Cooked

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Serving Size: 5.2 oz
Yield: 100 servings
Contribution: 2 oz meat/meat alternate, 1 oz grain



Nutritional information for 5.2 oz serving

Portion	5.2 oz / 5 nuggets	Cholesterol (mg)	52
Calories	236	Sodium (mg)	372
Total Fat (g)	10	Total Carbohydrates (g)	15
Saturated Fat (g)	2	Sugar (g)	>1
Trans Fat (g)	0	Protein (g)	21
Sugar (g)	1		

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Chicken Breast Nuggets, CN Labeled, Fully Cooked	30 lbs	Place breaded nuggets in single layer on large sheet pan, heat in 350° F convection oven for 9-12 minutes or until nuggets reach an internal temperature of 165° F.
Tzatziki Sauce (See Recipe Below)	1 gal	Place 5 nuggets in food tray w/ 2 tbsp tzatziki sauce and serve.

Tzatziki Sauce	Amount	Yield 1 Gallon
Cucumbers	4.5 lbs	Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.
Plain Greek Yogurt 32oz container	3 containers	Add yogurt, dill, lemon juice, garlic and sea salt. Mix thoroughly.
Fresh Dill (Chopped)	1 cup	Refrigerate overnight.
Lemon Juice	1/2 cup	
Minced Garlic	7 cloves	
Fine Sea Salt	1 tbsp	

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.

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