



RC Product Code: 54497

# Spicy Tenders with Tzatziki Sauce

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

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**Serving Size:** 6 oz  
**Yield:** 128 servings  
**Contribution:** 2 oz meat/meat alternate, 1 oz grain



## Nutritional information for 3 tenders and 4 tbsp tzatziki sauce

<b>Portion</b>	5 oz	<b>Cholesterol (mg)</b>	54
<b>Calories</b>	253	<b>Sodium (mg)</b>	402
<b>Total Fat (g)</b>	10	<b>Total Carbohydrates (g)</b>	17
<b>Saturated Fat (g)</b>	2	<b>Sugar (g)</b>	2.7
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	23

<b>Ingredients</b>	<b>Amount</b>	<b>Instructions</b>
Premium Artisan Spicy Whole Grain Breaded Chicken Breast Tenders, CN Labeled, Fully Cooked	30 lbs	Place breaded tenders in single layer on large sheet pan, heat in 350° F convection oven for 9-12 minutes or until tenders reach an internal temperature of 165° F.
Tzatziki Sauce (See Recipe Below)	2 gal	Place 3 tenders in food tray with 4 tbsp Tzatziki Sauce and serve.
<b>Tzatziki Sauce</b>	<b>Amount</b>	<b>Yield 1 Gallon</b>
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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