Rich Chicks
RICH IN NUTRITION

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Winging Through The Holidays

with Grilled Sensations Whole Muscle Boneless Chicken Wing-Breast Chunk, Fully Cooked

RC Product Code: 56405

Artisan

Serving Size:	1 plate
Yield:	100 servings
Contribution:	2 m/ma, 2 grain equivalents, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/4 cup other vegetable

Nutritional Information for 1 Salad and 1oz Dressing

Portion	1 Plate	**Cholesterol (mg)**	50
Calories	360	**Sodium (mg)**	546
Total Fat (g)	6.22	**Total Carbohydrates (g)**	44
Saturated Fat (g)	1.5	**Sugar (g)**	16
Trans Fat (g)	0	**Protein (g)**	21

Ingredients	Amount	Instructions
Rich Chicks Boneless Wings 56405	1 case	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven – 100% Fan Speed:** Bake at 250°F for 11-13 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 250°F for 7-9 minutes **Conventional Oven:** Bake at 250°F for 9-11 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
Whole Grain Stuffing	5 - 28 oz bags	Prepare whole grain stuffing mix according to package directions. Hold for service
Roasted California Blend Vegetables	10 - 2 lb bags	Place 1 bag frozen vegetables in bowl. Drizzle 4 Tbsp olive oil and lightly season with salt free seasoning then toss. Place on parchment lined baking sheet. Bake in 350° F convection oven for 10 - 12 minutes or until vegetables are lightly browned and preferred temperature.
Cranberry Chutney (see recipe below)	2 gal	Plating - Place 4 boneless wings, 1/2 cup stuffing, 1/2 cup roasted vegetables and 1/4 cup cranberry chutney on a tray

Cranberry Chutney	Amount	Instructions
Sugar	4 cups	In large sauce pan or small steam jacketed kettle combine sugar and water. Bring to a boil over medium heat. Simmer 5 minutes
Water	2 cups	Add cranberries, simmer 5 minutes longer or until berries begin to pop. Stir in preserves and lemon juice. Remove from heat.
Cranberries	8 cups	Ladle into storage jar. Chill. Keep under refrigeration.
Pineapple preserves may substitute orange marmalade	1/2 cup	
Lemon Juice	1/2 cup	

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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.