



www.richchicks.com

Spotlight Crumble Bowl

with Seasoned Dark Meat Chicken Crumbles, NAE
RC Product Code: 37101

Serving Size: 1 bowl
Yield: 100
Contribution: 2 oz meat/ma, 1/4 cup dark green vegetable, 1/4 cup red/orange vegetable, 1/4 cup other vegetable and 1 oz grain

Nutritional information for 1 serving

Portion	1 bowl	Cholesterol (mg)	99
Calories	445	Sodium (mg)	703
Total Fat (g)	8.4	Total Carbohydrates (g)	48
Saturated Fat (g)	1.5	Sugar (g)	18.5
Trans Fat (g)	0	Protein (g)	25

Ingredients	Amount	Instructions
Seasoned Dark Meat Chicken Crumbles, NAE	20 lbs	Recommended Heating Instructions: Heat After Thawed Convection Oven: Place thawed product evenly in steam table pan and cover. Bake at 350°F for 14-16 minutes or until product reaches desired temperature Conventional Oven: Bake at 350°F for 18-20 minutes Combi Oven: 60% steam in sheet pan. Bake at 350°F for 5-8 minutes.
Brown Rice	6.25 lbs	Spray 1 full-size pans with vegetable spray. Place 6 lbs, 4 oz. of rice in each pan and cover with 1 gal plus 1 quart boiling water. Stir. Cover pan tightly. Bake in convection oven at 325 ° F for 40 minutes. Remove cooked rice from oven and let stand covered for 5 minutes. Stir, recover and hold for service in warmer.
Carrots, Matchsticks	5 lbs	In tilt skillet saute carrots in oil for 5 minutes. Cool and hold for service.
Cucumbers, Sliced and Quartered	5 lbs	In tilt skillet saute cucumbers in oil for 3 minutes, cool and hold for service.
Spinach, Fresh Ready To Use	10 lbs	Coarse chop spinach leaves, saute in oil until leaves start to wilt. Cool and hold for service.
Gochujang Sauce	1 gallon	In bowl, place 1/2 cup cooked rice. Top with #6 scoop of chicken crumbles, 1/4 cup each of the carrots, cucumbers and spinach. Drizzle 1/4 cup Gochujang sauce over entire bowl and serve.



DISCOVER MORE
RECIPE IDEAS

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.

#ourcommitment
YUM·YOU·NUTRITION