Rich Chicks
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Southwest Chicken Bowl

with Seasoned Hand Pulled Chicken
80 Dark /20 White Meat, NAE
RC Product Code: 97103

Serving Size:	1 bowl
Yield:	100
Contribution:	2 oz M/MA, 2 grains, 1/4 cup legumes vegetable, 1/4 cup starchy vegetable, 1/4 cup other vegetable and 1/4 cup red orange vegetable

Nutritional Information

Portion	1 bowl	**Cholesterol (mg)**	66
Calories	372	**Sodium (mg)**	317
Total Fat (g)	8	**Total Carbohydrates (g)**	47
Saturated Fat (g)	1.32	**Sugar (g)**	12
Trans Fat (g)	0	**Protein (g)**	28

Ingredients	Amount	Instructions
Rich Chicks Seasoned Pulled Chicken	20 lbs	Prepare Pulled chicken according to package directions. Prepare 4 deep full sized pans. Once chicken is heated drain off liquid reserving the liquid in bowl. Empty 1 bag into each deep pan. To the reserved liquid from 1 bag of chicken add 3 Tablespoons of Chipolte Seasoning. Blend until completely dissolved. Stir into shredded chicken, making sure all chicken is covered. Hold hot for service in warmer.
Salt Free Chipotle Seasoning	12 Tablespoons	
Brown Rice	12.5 lbs	Spray 2 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.
Flame Roasted Sweet Cut Corn	10 lbs	Prepare roasted sweet corn according to package directions. Hold hot for service
Low Sodium Canned Black Beans, Drained and Rinsed	3 (#10 cans)	Spray 3 deep half pans with vegetable spray. Place 1 can of drained rinsed black beans in each pan. Cover and heat in low oven until temperature reaches 155°F. Hold hot for service.
Red peppers	5 lbs	Clean and julienne red peppers discarding seeds and stems. Toss with remaning olive oil. Place on parchment lined baking sheet and roast in 400°F oven with the poblanos for 20 - 30 minutes. When edges turn brown remove and place in half pan. Hold in warmer for service.
Poblano peppers	5 lbs	Preheat oven to 400°F. Place Poblano peppers on parchment lined sheet pan. Brush with vegetable oil. Bake for 20 - 30 minutes until the skins are blakened and blisted, turning occationally to evenly roast the poblanos.
Olive Oil	1/4 cup	Placed charred poblanos into a bowl and cover. Allow to steam about 10 minutes to loosen the skin. When poblanos are cool enough to handle, peel off the skins and stems and discard. Julienne the peppers and place in half pan with roasted red peppers.
Low Sodium Salsa	2 (#10 cans)	To assemble: Place 1 cup brown rice in a bowl, top with #12 scoop of Shredded chicken, 1/4 cup Black Beans, 1/4 cup roasted corn, and #24 scoop of roasted peppers. Garnish with #24 scoop of low sodium salsa.

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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.