

CHICKEN FAJITAS

Meat • Grains/Breads

	50 servings	
	Weight	Measure
* Chicken Meat, cooked, diced, frozen, thawed	6 lb 4 oz
Vinegar	4 oz
* Oil	4 oz
Cumin	1 Tbsp
Garlic Powder	1½ tsp
Chili Powder	1½ Tbsp
Black Pepper	1½ Tbsp
Flour Tortillas, 7"	100 each

Directions

1. Combine vinegar, oil, cumin, garlic powder, chili powder, and black pepper to make a marinade. Heat.
2. Pour over chicken, in large pot or steam kettle, and heat to 165°F.
3. Hold chicken at 140°F. Portion 1 ounce into each tortilla and roll or fold for serving.
4. Garnish each serving
5. Garnishes may include:
 - shredded cheese
 - shredded lettuce
 - diced tomatoes
 - sauteed green pepper strips and sliced onions
 - salsa
 - lowfat sour cream

*Commodities are in **Bold**

Serving: 2 filled tortillas provides 2 ounces of cooked poultry and 2 servings of grains/breads

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Special Tips:

Fajitas can be served in several ways:

- 1) Simply folded over
- 2) Folded at the top, like a sling
- 3) Rolled, as a tube

Nutrients Per Serving

Calories	346	Saturated Fat	1.6g	Iron	3.2mg
Protein	23g	Cholesterol	30mg	Calcium	97mg
Carbohydrate	39g	Vitamin A	26RE	Sodium	379mg
Total Fat	10.0g	Vitamin C	0mg	Dietary Fiber	2g

Recipe provided by Holly Paulsen, Monticello Schools, Monticello, Iowa
This recipe has not been standardized by the USDA.

