

# Cranberry & Mushroom Citrus-Ginger Chicken with Veggies

*A recipe for every season.*

One  $\frac{3}{4}$  cup serving  
provides

1 oz. equivalent  
meat/meat alternate

$\frac{3}{8}$  cup vegetables  
( $\frac{1}{4}$  cup red/orange subgroup,  
 $\frac{1}{8}$  cup other subgroup)

$\frac{3}{8}$  cup fruit





# Cranberry & Mushroom Citrus-Ginger Chicken with Veggies

Yield: 48 servings      Serving Size: ¾ cup (6 oz. spoodle)

Prep Time: 20 minutes      Cook Time: 20-25 minutes

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## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Cranberry sauce, jellied	58 ½ oz.	6 cups (½ #10 can)
From two large oranges:		
Zest, finely minced	½ oz.	2 Tbsp. (approx.)
Juice, from zested oranges		¾ cup (approx.)
Orange juice, (to total 3 cups juice)		2 ½ cups (approx.)
Ginger, ground		2 tsp. or more, to taste
Dried sweetened cranberries	1 lb. 12 oz.	1 ½ qt.
Chicken, cooked, diced, frozen	3 lb.	
Carrots, frozen slices	5 lb.	
Snap peas, frozen	2 lb.	
Mushrooms, fresh slices	1 ½ lb.	
Pan spray		

1. To make the cranberry ginger sauce, in a 4-inch full-size steam pan, whisk cranberry sauce with a wire whip until smooth. Gradually stir in orange juice to combine.
2. Stir in orange zest and ground ginger.  
**Chef's Tip:** To prevent ground ginger from clumping, sift over the sauce through a mesh sieve.
3. Stir in dried cranberries. Cover and set aside.
4. Place frozen chicken in 4-inch full-size steam pan with a perforated insert and steam for 5 minutes until chicken is heated to 165°F for 15 seconds. Hold hot in perforated pan set to allow excess liquid to drain from the chicken. CCP: Hold hot at 135°F or above.
5. Place frozen carrots in 4-inch full-size steam pan with perforated insert and layer frozen snap peas on top. Steam for 4-5 minutes, until crisp and tender, taking care to not overcook. Hold hot in perforated pan set to allow excess liquid to drain from the vegetables. CCP: Hold hot at 135°F or above. **Chef's Tip:** Steam chicken and vegetables at same time if steamer space allows.
6. Coat a steam pan with pan spray. Place sliced mushrooms in pan; spray slices lightly with pan spray. Toss slices to coat.
7. In a preheated 350°F oven, cook mushrooms until tender and browned, stirring halfway through cooking time, about 8-10 total minutes.
8. While mushrooms are cooking, heat cranberry ginger sauce in steamer for 5 minutes.
9. In 6-inch full-size steam pan, combine the chicken, all vegetables and cranberry ginger sauce. Fold or stir gently to mix, taking care to keep snap peas intact. CCP: Hold hot at 135°F or above. **Chef's Tip:** For best quality and ease in combining hot ingredients, prepare in 48-serving size recipe batches. If perforated pan inserts are not available, drain all cooked items well to remove excess liquid.
10. **To Serve:** Portion a 6 oz. spoodle (¾ cup) of mixture on a plate or bowl. Serving suggestion: serve over rice (brown rice, or brown/enriched rice whole grain-rich blend), ½ cup (1 oz. equivalent grains) per 6 oz. spoodle portion.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One ¾ cup serving (grades K-8, 48 servings per recipe) provides 1 oz. equivalent meat/meat alternate, ¾ cup vegetables (¼ cup red/orange subgroup, ¼ cup other subgroup), ¾ cup fruit  
One ½ cup serving (grades 9-12, 24 servings per recipe) provides 2 oz. equivalent meat/meat alternate, ¾ cup vegetables (½ cup red/orange subgroup, ¼ cup other subgroup), ¾ cup fruit

### NUTRIENTS PER ¾ CUP SERVING:

Calories 200 kcal	Saturated Fat 0.5 g	Cholesterol 25 mg	Carbohydrate 34 g	Protein 10 g	Calcium 33 mg	Vitamin A 8,109 IU
Total Fat 2.5 g	Trans Fat 0 g	Sodium 65 mg	Dietary Fiber 3 g	Vitamin C 22 mg	Iron 1.5 mg	3% Calories from Saturated Fat

Recipe concept by Teal Carpenter, School Nutrition Director, Gloversville Enlarged School District in Gloversville, NY for the 2015 Cranberry Marketing Committee / Mushroom Council Search for the Next Great Cranberry-Mushroom Recipe Contest

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