

Cranzy Chicken Taco

A recipe for every season.

One taco provides

1 $\frac{3}{4}$ oz. grains
equivalent

1 $\frac{1}{2}$ oz. meat
equivalent

$\frac{1}{2}$ cup fruit

$\frac{1}{4}$ cup dark green
vegetables

$\frac{1}{4}$ cup vegetables
– beans and peas
(legumes)





Cranzy Chicken Taco

Yield: 48 servings

Serving Size: 1 taco

Prep Time: 30 minutes

Cook Time: 15 minutes

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INGREDIENTS

WEIGHT

MEASURE

DIRECTIONS

Chicken

Cranberry sauce, whole-berry
Honey
Chicken, cooked, diced, thawed
Cheese, Parmesan, grated

4 ½ lb.

1 ½ qt.
⅓ cup
¾ cup

Bean Salad* (6 qt.)

Beans, Northern, canned, drained
rinsed, reduced-sodium
Dried sweetened cranberries
Juice, apple, 100%
Scallions or onions, red, chopped
Garlic, fresh, minced
Pepper, black, ground

3 qt.
3 qt.
1 ½ cups
1 cup
1 Tbsp.
1 tsp.

Cranberry Mayo** (3 cups)

Mayonnaise, reduced-fat
Cranberry sauce, whole-berry
Scallions, minced
Pepper, black, ground

1 ½ cups
1 ½ cups
¼ cup
1 tsp.

Spinach, fresh, chopped
Tortilla, whole-grain, 8-in.

6 qt.
48

1. In a large sauce pan, melt cranberry sauce with honey, about 2 minutes.
2. Add chicken and cheese to cranberry-honey mixture and toss to coat well.
3. Lay chicken pieces on parchment-covered sheetpans in a single layer. Bake in 350°F convection oven for 6 to 8 minutes or until internal temperature reaches 165°F. Hold hot for service.
4. In a bowl, toss together all Bean Salad* ingredients; mix well, cover and refrigerate at least 2 hours before serving.
5. In a bowl, whisk together mayonnaise, cranberry sauce, scallions and pepper until combined; place in a wide mouth squeeze bottle, replace lid and hold at 40°F until ready to serve.
6. **To Serve:** Set up food bar to Build Your Own. Portion ¼ cup chicken, ½ cup Bean Salad* and ½ cup spinach onto a tortilla. Drizzle with 1 Tbsp. Cranberry Mayo**. Wrap to serve.

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 taco provides 1 ¾ oz. grains equivalent, 1 ½ oz. meat equivalent, ½ cup fruit, ¼ cup dark green vegetables, ¼ cup vegetables – beans and peas (legumes)

NUTRIENTS PER SERVING:

Calories 471 kcal	Saturated Fat 1.69 g	Cholesterol 40.37 mg	Carbohydrate 77.88 g	Protein 22.92 g	Calcium 169.64 mg	Vitamin A 103.90 RE (1429.54 IU)
Total Fat 8.12 g	Trans Fat 0 g	Sodium 526.88 mg	Dietary Fiber 7.74 g	Vitamin C 8.63 mg	Iron 4.34 mg	3.24% Calories from Saturated Fat

Created by Ingrid Rockwell of Deerfield Elementary School in Deerfield, WI for the Cranberry Marketing Committee USA / Wisconsin School Foodservice Cranberry Recipe Contest

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