

Sesame Peach Sauce Served Over Chicken and Rice



Category: Entrée
 Portion Size(s): K-8: 1 serving 9-12: 1 serving
 Meal Components: K-8: 2 oz eq meat/meat alternate; 1 oz eq grain
 9-12: 2 oz eq meat/meat alternate; 1 oz eq grain

Ingredients:	K-8: 100 Portions		9-12: 100 Portions	
	Weight	Measure	Weight	Measure
Peaches and juice, diced, extra light syrup, canned (USDA or Commercial)	6 lbs 13 ½ oz	3 qts ½ cup OR 1-1/8 #10 cans	13 lbs 11 oz	1 gal 2 qts 1 cup OR 2-1/8 #10 cans
Ginger, ground		2 Tbsp 2 tsp		1/3 cup
Onion powder		1 Tbsp 1 ½ tsp		3 Tbsp
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp
Brown sugar, packed		1 Tbsp		2 Tbsp
Soy sauce, low-sodium		½ cup		1 cup
Sesame oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Rice vinegar		½ cup		1 cup
Cornstarch		2 Tbsp		¼ cup
Water	4 fl oz	½ cup	8 fl oz	1 cup
Sesame seeds		2 cups 1 Tbsp 1 tsp		2 cups 1 Tbsp 1 tsp



Sesame Peach Chicken over Brown Rice

Directions:

1. Prepare Sauce: Add peaches and juice, ginger, onion powder, granulated garlic, brown sugar, soy sauce, sesame oil, and rice vinegar to a blender. (Note: Depending on how many ounces the blender being used is, may need to divide ingredients to blend in batches.) Blend for 2-4 minutes or until smooth. CCP: Hold at 40 °F or lower.
2. Heat and Thicken Sauce: In a small bowl, whisk cold water and cornstarch to make a slurry. Add blended sauce to a pot on medium-high heat. When sauce begins to boil, slowly whisk in slurry. Cook for 2-3 more minutes, or until sauce is thick. Remove from the heat. CCP: Hold at 140 °F or higher. OR
3. Heat in the oven. Place sauce in a 10-3/8" x 12-3/4" x 4" (half) steamtable pan. Place in the oven and heat for 15 minutes, remove from the oven and slowly whisk in slurry. Place back in the oven for 5 minutes, remove and whisk. Repeat until sauce thickens. CCP: Hold at 140 °F or higher.
4. Heat Chicken: Divide chicken evenly into 12" x 20" x 4" steamtable pans, filling ¾ full. Using a dough scraper, chop chicken into smaller pieces. Cover and steam for 25 minutes. Drain liquid. CCP: Heat to 165 °F or higher for 15 seconds. CCP: Hold at 140 °F or higher.
5. Serve: K-8: Serve ½ cup (#8 scoop) rice, top with 3.4 oz chicken pieces, 2 Tbsp (#30 scoop) sauce, and 1 tsp sesame seeds. 9-12: Serve 1 cup (2 - #8 scoops) rice, top rice with 3.4 oz chicken pieces, 1/4 cup (#16 scoop) sauce, and 1 tsp sesame seeds. CCP: Hold at 140 °F or higher.

For Grab n Go Service: Place in heat proof containers with lids. If being held for longer than 30 minutes before consumption, serve sauce on the side in heatproof portion (K-8: 2 oz; 9-12: 3 oz) cups with lids. CCP: Hold and serve at 140 °F or higher.

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Meal Components: K-8: 2 oz eq meat/meat alternate; 1 oz eq grain 9-12: 2 oz eq meat/meat alternate; 1 oz eq grain

Nutrients Per One Serving (K-8):

Calories	272 kcal	Total Fat	<1 g	Total Dietary Fiber	2 g	Vitamin C	0 mg
Saturated Fat	2 g	Trans Fat	0 g	Protein	21 g	Iron	1 mg
Sodium	661 mg	Cholesterol	74 mg	Vitamin A	74 IU		
Sugars	5 g	Carbohydrates	31 g	Calcium	43 mg		

Nutrients Per One Serving (9-12):

Calories	405 kcal	Total Fat	8 g	Total Dietary Fiber	2 g	Vitamin C	0 mg
Saturated Fat	2.6 g	Trans Fat	0 g	Protein	24 g	Iron	2 mg
Sodium	712 mg	Cholesterol	74 mg	Vitamin A	148 IU		
Sugars	9 g	Carbohydrates	58 g	Calcium	58 mg		

Components Per One Serving (K-8):

Meat/ Meat ALT	Grain	Vegetable(s)	Fruit	Milk
2 oz.eq.	1 oz.eq.	0 cup(s)	0 cup(s)	0 cup(s)

Components Per One Serving (9-12):

Meat/ Meat ALT	Grain	Vegetable(s)	Fruit	Milk
2 oz.eq.	2 oz.eq.	0 cup(s)	0 cup(s)	0 cup(s)

Serving Size:

Serving Size: 1 serving

Yield: 100 servings

NSLP/SBP Crediting Information

K-8:

2 oz eq meat/meat alternate; 1 oz eq grain

9- 12:

2 oz eq meat/meat alternate; 2 oz eq grain