Chicken Fajita

Chicken Fajitas are an easy and delicious Mexican recipe! A warm tortilla holds seasoned juicy chicken, sautéed pepper and onions, and toppings; finished with a squeeze of fresh lime!

CACFP Adult Portion Crediting Information
1 Fajita provides ½ cup vegetable (¼ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable), 2 oz equivalent meat alternate, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Frozen chicken strips, cooked, thawed	3 lb 4 oz	3 qt 2 cups	6 lb 8 oz	1 gal 3 qt	1 Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and ancho chili powder in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Dried oregano		1 tsp		2 tsp	

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Ancho chili powder OR Mexican Seasoning Mix (See Notes Section)		3 Tbsp OR 3 Tbsp		⅓ cup 2 tsp OR ⅓ cup 2 tsp	
					2 Place marinated chicken in a large stock pot. Cook uncovered over medium-high heat for 2-3 minutes.
					3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh Red bell pepper, diced	8 oz	1 ½ cups	1 lb	3 cups	4 Set aside for step 9.
*Fresh green bell peppers, sliced	8 oz	2 cups	1 lb	1 qt	5 Spray medium stock pot lightly with pan release spray and heat to medium high heat. Add peppers and onions. Sauté uncovered for 3 minutes. Remove from heat. Set aside for step 9.
*Fresh onions, sliced	8 oz	2 cups	1 lb	1 qt	6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Frozen corn, thawed, drained	1 lb 12 oz	1 qt ¼ cup	3 lb 8 oz	2 qt ½ cup	7 In a medium stock pot, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally. Set aside for step 9.
Canned no-salt-added diced tomatoes, drained	14 oz	2 ½ cups	1 lb 12 oz	1 qt 1 cup	8 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds
Canned low-sodium salsa	14 oz	2 cups	1 lb 12 oz	1 qt	
Sugar		1 Tbsp		2 Tbsp	
Canola oil		¼ cup		½ cup	

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Paprika		1 tsp		2 tsp	**9** Combine chicken, peppers, onions, and corn mixture in a large bowl 1 qt 3 cups (3 lb 4 oz) Toss well.
*Fresh limes, squeezed	6 oz	6 each	12 oz	12 each	**10** Using a No. 16 scoop, portion ¼ cup (about 2 ¾ oz) chicken mixture on each tortilla. Spread filling on half of tortilla, and fold in the other half like a taco. Place 25 fajitas on each steam table pan (12” x 20” x 2 ½”). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
OR					
Lime juice, bottled		¼ cup		½ cup	
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
Whole-grain tortillas, 8” (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	**12** Serve 2 fajitas.

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NUTRITION INFORMATION
For 2 fajitas

NUTRIENTS	AMOUNT
Calories	**317**
Total Fat	**8 g**
Saturated Fat	2 g
Cholesterol	45 mg
Sodium	448 **mg**
Total Carbohydrate	**40 g**
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	**22 g**
Vitamin A	23 mcg RAE
Vitamin C	26 mg
Vitamin D	3 IU
Calcium	123 mg
Iron	3 mg
Potassium	360 mg

N/A=no data available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh red bell pepper	11 oz	1 lb 6 oz
Fresh green bell pepper	11 oz	1 lb 6 oz
Fresh onions	10 oz	1 lb 4 oz
Fresh limes	6 ea	12 ea

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)
Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME

25 Servings	50 Servings
About 1 gal	About 2 gal
About 7 lb 15 oz/2 steam table pans(12” x 20” x 2 ½”)	About 15 lb 14 oz/4 steam table pans (12” x 20” x 2 ½”)

SOURCE:
CACFP Adult Portion Recipe Project