

Schwan's Food Service

K12 2017 ANC

RECIPE CARDS



THAI PINEAPPLE CHICKEN FRIED RICE

Featuring **Minh**[®] Less Sodium Sweet & Sour Sauce



50 SERVINGS

INGREDIENTS

	WEIGHT*	MEASURE
69142 Minh[®] Less Sodium Sweet & Sour Sauce	1 lb. 14 oz.	1 pt. + 1 cup
Brown rice, cooked, day-old refrigerated	12 lbs. 8 oz.	3 gal. + 1 pt.
Chicken, pre-cooked, HARVESTLAND [®] FC Chargilled Chicken Breast Fillet Strips With Rib Meat 56032 or similar	4½ lbs.	2 qts. + 1 cup
Less sodium soy sauce, Kikkoman [®] brand or similar	10 oz.	1 cup
Curry powder	½ oz.	1 tsp.
White pepper	½ oz.	1 tsp.
Canola oil	3 oz.	¾ cup
Garlic cloves, chopped	1¼ oz.	2 Tbsp.
Shallots, fresh peeled, minced	2 oz.	½ cup
Ginger root, fresh, minced	½ oz.	½ Tbsp.
Pineapple, fresh, medium dice	14 oz.	1 pt. + ½ cup
Green onions, ½" pieces	2 oz.	½ cup
Cilantro, fresh, chopped	½ oz.	4 Tbsp.

DIRECTIONS

1. Pre-cook brown rice and hold in refrigerated temps in a covered container overnight.
2. Heat precooked chicken per package directions and dice into small pieces.
3. Combine **Minh**[®] Less Sodium Sweet & Sour sauce, soy sauce, curry powder, and pepper in a bowl and set aside.
4. In a large skillet, heat canola oil until a wisp of white smoke appears. Stir in garlic, shallots and ginger, and cook until light brown.
5. Fold in precooked rice and chicken; make sure not to break rice grains. Stir in reserved sauce. Continue to stir for about a minute.
6. Stir diced pineapple into the rice and incorporate well. Cook the fried rice for about 1 to 2 more minutes, folding constantly to mix well. Fold in cilantro and green onions before serving.

CN CREDITING

M/MA	1 oz.
Grain	2 oz. equivalent

KEY NUTRITIONALS

Calories	341
Total Fat	7 g
Saturated Fat	1 g
Sodium	375 mg

* Conversions from volume to weight quantities for the vegetables are based on **FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS** and may vary depending on specific form of vegetables used.

SPICY THAI BASIL CHICKEN STIR FRY

Featuring **Minh**® Less Sodium Kung Pao Sauce



CN CREDITING

M/MA	2 oz.
Vegetables (Red/Orange)	1/8 cup
Vegetable (Other)	3/8 cup

KEY NUTRITIONALS

Calories	170
Total Fat	5 g
Saturated Fat	0.5 g
Sodium	740 mg

INGREDIENTS

69147 Minh® Less Sodium Kung Pao Sauce

Chicken, pre-cooked, HARVESTLAND®
FC Chargrilled Chicken Breast Fillet Strips
With Rib Meat 56032 or similar

Canola oil
Onions, fresh, 1/8" sliced
Red bell peppers, fresh, 1/4" strips
Serrano peppers, fresh, chopped

Thai basil, fresh
Green onions, 1/2" pieces

50 SERVINGS

	WEIGHT*	MEASURE
	4 lbs.	1 qt. + 1 pt. + 1/4 cup
	9 lb. 6 oz.	1 gal. + 1 pt. + 3/4 cup
	4 oz.	1/2 cup
	2 lbs. 14 oz.	2 qts. + 1 cup
	4 1/4 lbs.	1 gal. + 1 pt. + 1 cup
		8-10 each (optional)
	12 oz.	1 pt. + 1 cup
	6 oz.	1 1/2 cups

DIRECTIONS

1. Heat precooked chicken per package instructions.
2. In a skillet, sauté onions, red peppers, and Serrano peppers in canola oil until tender.
3. Fold in **Minh**® Less Sodium Kung Pao sauce and pre-cooked chicken. Stir until combined.
4. Fold in Thai basil and heat until chicken is completely warmed.
5. Remove from heat and fold in green onions and serve.

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GARLIC GINGER GREEN BEANS WITH BEEF

Featuring **Minh**[®] Less Sodium Kung Pao Sauce



CN CREDITING

M/MA	2 oz.
Vegetables (Other)	½ cup

KEY NUTRITIONALS

Calories	189
Total Fat	9 g
Saturated Fat	3 g
Sodium	599 mg

INGREDIENTS

	50 SERVINGS	
	WEIGHT*	MEASURE
69147 Minh[®] Less Sodium Kung Pao Sauce	1 lb.	1 pt.
Ground beef pre-cooked reduced sodium beef crumbles un-seasoned AdvancePierre [®] 837 or similar brand	7 lbs.	3 qt. + 1 pt.
Green beans, washed, trimmed	12 lbs. 3 oz.	3 gal. + 2 cups
Garlic, minced	3 oz.	¾ cup
Ginger, minced	2 oz.	½ cup
Dried red chilies	15 ea.	
Oyster sauce Lee Kum Kee or Kikkoman [®] brand or similar	1 lb.	1 pt.
Canola oil	3 oz.	½ cup

DIRECTIONS

1. Heat pre-cooked beef as directed on package.
2. In a pot of boiling water, blanch green beans in batches until tender and shock in ice water.
3. In a large wok or skillet over medium high heat, briefly sauté garlic, ginger, and chilies in canola oil.
4. Add beef and warm for 2-3 minutes or until beef is heated through.
5. Add the green beans, **Minh[®] Less Sodium Kung Pao sauce**, and oyster sauce to the beef mixture and stir/toss until the green beans are heated through.

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BLACK BEAN BEEF

Featuring **Minh**[®] Less Sodium Orange & Teriyaki Sauces



50 SERVINGS

INGREDIENTS

69144 Minh[®] Less Sodium Teriyaki Sauce

WEIGHT*

MEASURE

2 lb. 8 oz.

1 qt.

69143 Minh[®] Less Sodium Orange Sauce

15 oz.

1½ cups

Beef, precooked AdvancePierre[®] Beef Fajita Strips 06927-761 or similar

7 lbs.

3 qts. + 2 cups

Canola oil

1.5 oz.

2 Tbsp. + 2 tsp.

Onions, fresh, 1" cubes

1 lb. 9 oz.

1 qt. + ¾ cup

Asparagus spears, fresh, ½" pieces

2 lbs. 4 oz.

1 qt. + 1 cup

Carrots, shredded

1 lb. 2 oz.

1 qt. + 1 cup

Broccoli, florets

14 oz.

1 qt. + 1 pt. + ¼ cup

Water chestnuts, canned, drained, sliced

3 lbs.

1 qt. + 1 cup

Black bean sauce, Lee Kum Kee brand or similar

13 oz.

1 pt.

DIRECTIONS

1. Heat precooked beef as directed on package.
2. Heat oil in a skillet. Add onions, asparagus, carrots, broccoli, and water chestnuts to hot pan and sauté until warmed.
3. Stir in beef, **Minh**[®] Less Sodium Teriyaki and Orange sauces, and black bean sauce. Stir until sauces combine into a nice glaze. Keep heating in pan until all items are heated through, coated and mixed.

CN CREDITING

M/MA 2 oz.

Vegetables (Other) ¾ cup

Vegetable (Dark Green) ¼ cup

KEY NUTRITIONALS

Calories 200

Total Fat 6 g

Saturated Fat 2 g

Sodium 860 mg

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