

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 Home Childcare Crediting Information

1 Fajita provides ½ cup vegetable (¼ cup additional vegetable, ¼ cup starchy vegetable, ¼ cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.



Preparation Time: 15 minutes
plus 12-24 hours marinating time
Cooking Time: 15 minutes

Makes: 6 servings

Ingredients:

- 7 oz Frozen chicken strips, cooked, thawed
- ½ tsp Ground black or white pepper
- ½ tsp Garlic powder
- 1 tsp Chili powder
- 1 tsp Ground cumin
- ¼ tsp Dried oregano
- 1 Tbsp Ancho chili powder
- OR
- 1 Tbsp Mexican Seasoning Mix
(See Notes Section)
- ½ cup or 3 oz Red bell pepper, sliced
- ½ cup or 3 oz Fresh green bell peppers, sliced

Directions:

- 1 Combine chicken, pepper, garlic powder, chili powder, cumin, oregano, and Ancho chili powder or Mexican seasoning mix in a large bowl. Stir well. Cover tightly. Allow chicken mixture to marinate for 12-24 hours.
- 2 Spray medium saucepan lightly with a pan release spray. Heat saucepan to medium high heat and place marinated chicken in saucepan. Sauté uncovered for 5 minutes.
- 3 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
Set aside for step 8.
- 4 In another medium saucepan, spray lightly with a pan release spray. Add peppers and onions. Sauté uncovered over medium-high heat until onions for 2-3 minutes.
Set aside for step 8.
- 5 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 6 In a third medium saucepan, add corn, tomatoes, salsa, sugar, oil, paprika, and lime juice. Simmer uncovered for 5 minutes over medium heat. Stir occasionally.

Ingredients continued

- ½ cup or 2 oz Fresh onions, sliced
- 1 ¼ cup or 8 oz Frozen corn, thawed, drained
- ½ cup or 3 ½ oz Canned tomatoes no-salt-added, diced, drained
- ½ cup or 3 ½ oz Canned low-sodium salsa
- 1 tsp Sugar
- ⅛ cup or 2 Tbsp Canola oil
- ¼ tsp Paprika
- ¼ cup or 2 oz Fresh limes (1 lime)
- OR
- ¼ cup Fresh lime juice
- 6 Whole grain tortillas (1 oz each)

Directions continued

- 7** Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 8** Combine marinated chicken, sautéed peppers and onions, and corn mixture in a large mixing bowl. Toss well.
- 9** Using a No. 8 scoop, portion ½ cup chicken mixture on a tortilla. Spread filling on half of tortilla, and fold in half like a taco. Place 6 fajitas on baking dish (9" x 13" x 2").
- 10** Critical Control Point:
Hold for hot service at 140 °F or higher.
- 11** Serve 1 fajita.

Notes Section:

Mexican Seasoning Mix ¾ cup (about 4 ½ 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.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 230, Protein 13 g, Carbohydrates 28 g, Dietary Fiber 4 g, Total Sugars 6 g, Total Fat 8 g, Saturated Fat 1 g, Cholesterol 25 mg, Sodium 262 mg Vitamin A 31 mcg RAE, Vitamin C 39 mg, Vitamin D 1 IU, Calcium 72 mg, Iron 2 mg, Potassium 342 mg





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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, 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	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ancho chili powder		3 Tbsp		⅓ cup 2 tsp	
OR		OR		OR	
Mexican Seasoning Mix (See Notes Section)		3 Tbsp		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.
					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 green bell peppers, sliced	8 oz	2 cups	1 lb	1 qt	
*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.
					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.
Frozen corn, thawed, drained	1 lb 12 oz	1 qt ¼ cup	3 lb 8 oz	2 qt ½ cup	
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	





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
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. 10 Using a No. 16 scoop, portion $\frac{1}{4}$ cup (about 2 $\frac{3}{4}$ 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 $\frac{1}{2}$ "). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh limes, squeezed	6 oz	6 each	12 oz	12 each	
OR					
Lime juice, bottled		$\frac{1}{4}$ cup		$\frac{1}{2}$ 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.



**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.	

SOURCE:

CACFP Adult Portion Recipe Project

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, 1/4 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 1/2")	About 15 lb 14 oz/4 steam table pans (12" x 20" x 2 1/2")

