

# Recipe Crediting Worksheet

Recipe Name Pineapple Chicken Lo Mein

Portion Size 1 Cup

Resource used for Crediting SBG

Yield 23 Cups

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
B.S. Chicken Breast	3 lb	34.75		
Green Pepper, 1" dice	5.5 cups		5.5	
Onion, quartered, sliced	1.5 cups		1.5	
Pineapple chunks, drained	2-20 oz can		3.5	
Green Onion, chopped	.5 cup		.5	
Carrots, julienned	1 lb		3	
Spaghetti noodles, cooked	1 lb			21.2
Pineapple juice, reserved	1 cup		1	
(4)	<b>Recipe Total</b>	3 34.75 ounces	15 cup(s)	21 equiv
(5)	<b>Calculations</b>	divide by the number of servings the recipe yields	<b>Multiply by 4 =</b> <u>60</u> ¼ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	<b>Each portion contributes</b>	1.5 ounces	2.6 ¼ cup(s)	.9 equiv

## Instructions:

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
- Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Component Contribution  
 X \_\_\_ Meat/Alt      \_\_\_ Vegetable/Fruit  
 X \_\_\_ Grain/Bread

<u>1 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>23 cups</u> Recipe Yield	
		Weight	Measure
B.S. Chicken breast	1" cubes	3 lb	
Green Peppers	1" dice		5.5 cups
Carrots	Julienned		3 cups
Onion	Quarter,sliced		1.5 cup
Pineapple Chunks	Drain, reserve juice	2 20 oz cans	3.5 cup
Green Onion	Chopped		.5 cup
Spaghetti	Cooked, drained	1 lb	
Pineapple juice			1 cup
Cornstarch			3 Tbs
Soy Sauce			1 cup
Ginger, fresh	minced		3 Tbs
OR			
Ground Ginger,	Dry		2 ¼ tsp
Garlic, fresh	Minced		2 Tbs

**Directions:**

Drain pineapple, reserving 1 cup juice. Set pineapple aside.

In a large skillet over medium heat, cook the chicken, garlic and ginger in 2 Tbsp oil for 6 minutes.

Add the carrots, green pepper, onion and pineapple.

Cover and cook for 2-3 minutes or until vegetables are crisp-tender and chicken juices run clear.

Stir in spaghetti and green onions.

In a small bowl, combine the cornstarch, soy sauce, reserved pineapple juice until smooth.

Stir into chicken mixture.

Bring to boil; cook and stir for 2 minutes or until thickened.