

# Recipe Crediting Worksheet

Recipe Name Bánh mì

Portion Size 1/2 sandwich

Resource used for Crediting SBG

Yield 25

(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)
BS Chicken Breast	3.3 lb	38.28		
Carrots			1 1/8 cup	
White (daikon) radishes			1 1/8 cup	
White Onion			1 1/8 cup	
Cucumber			1 1/8 cup	
Baguette (hoagie roll)				12.5
(4)	Recipe Total	38.28 ounces	4.5 cup(s)	_____ equiv
(5)	(6) Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>18</u> 1/4 c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	1.53 ounces	1/4 cup(s)	<u>1/2 sandwich</u> 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 1/4 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 1/4 cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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**Component Contribution**

Meat/Alt  Vegetable/Fruit

Grain/Bread

Portion Size

3-5  
Age Group

Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Oil (lite)			4 tsp
Vinegar (rice)			2 1/3 cup
Water			1 1/8 cup
Sugar			1 1/8 cup
Carrot	Cut matchsticks		1 1/8 cup
White (daikon) radishes	Cut matchsticks		1 1/8 cup
BS Chicken Breast	Cubed (bite sized)	3.3 lb	
White Onion	Thin Sliced		1 1/8 cup
Cucumber	Thin Sliced		1 1/8 cup
Cilantro	leaves		1 1/8 cup
Baguette (hoagie roll)	Cut in half		12.5
Lime	wedge		
Pepper	To taste		
Garlic Salt	To taste		

**Directions:**

1. Place rice vinegar, water, and sugar into a saucepan over medium heat, bring to a boil, and stir until the sugar has dissolved, about 1 minute. Allow the mixture to cool.
2. Pour the cooled vinegar mixture over the carrot, radish, and onion in a bowl, and allow to stand for at least 30 minutes. Drain off the excess vinegar mixture after the vegetables have marinated.
3. While the vegetables are marinating, preheat the oven's broiler, and set the oven rack about 6 inches from the heat source. Lightly oil a slotted broiler pan.
4. Sprinkle the chicken breast with garlic salt and pepper, and broil on slotted broiler pan, turning once, until the center of the chicken breast is no longer pink and the surface has browned, about 6-8 minutes per side. Remove the broiled chicken, and slice into bite-size pieces.
5. Slice the baguette in half the long way, and pull the center of the bread out of the baguette halves, leaving a cavity for the filling. Place the baguette halves under the broiler to lightly toast, 2 to 3 minutes.
6. To assemble the banh mi sandwich, spread each half of the toasted baguette with mayonnaise, and fill the cavity of the bottom half of the bread with broiled chicken, cucumber slices, pickled carrot, onion, and radish and cilantro leaves. Squeeze a wedge of lime over the filling, and top with the other half of the baguette.

\*Add Sriracha or garlic chili sauce for extra flavor and heat if desired.