

Recipe Crediting Worksheet

Recipe Name Chicken Biscuit Pie

Portion Size 1/3 Cup

Resource used for Crediting SBG Yield 66 servings

(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, shredded	8.75 lbs	101.5		
Mixed Vegetables	6 cups		6 cups	
(4)	Recipe Total	101.5 ounces	6 cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ $\frac{1}{4}$ 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	.3 $\frac{1}{4}$ cup(s)	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 $\frac{1}{4}$ 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 $\frac{1}{4}$ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Component Contribution
 X ___ Meat/Alt ___ Vegetable/Fruit
 ___ Grain/Bread

<u>1/3 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>22 cups</u> Recipe Yield	
		Weight	Measure
B.S. Chicken		8.75 lbs	
Mixed vegetables	6 cups		6 cups
Cream of mushroom soup	75 oz	75 oz	
Milk			2 cup
Salt			2 tsp
Mrs. Dash			2 tsp
Pepper			2 tsp
Bisquick			3 cups
Milk			3 cups
Eggs			2

Directions:

Cook chicken, cool and shred

Mix vegetables, 2 cups milk, cream of chicken soup, seasonings and chicken.

Place in baking dish.

Mix Bisquick, 3 cups milk and eggs.

Pour over chicken mixture.

Bake at 375 degrees for 1 1/2 hours.