Recipe Crediting Worksheet

Recipe Name Oriental Citrus Chicken **Portion Size**_____

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		
Pineapple Chunks	20 oz can		1.87	
Orange Juice	24 oz		---	
Sliced Vegetables-				
Broccoli, sweet peppers,				
Onion, mushrooms				
(4)	Recipe Total	38.28 ounces	6.25 cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = 25 ¼ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	1.5 ounces	1 ¼ cup(s)	equiv

Instructions:

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. 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.
4. 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.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
6. 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.
7. Round down the ounces of 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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Resources used for Crediting
SBG

Component Contribution
X____Meat/Alt X____Vegetable/Fruit
_____Grain/Bread

_____	3-5 yr old
Portion Size	Age Group

Ingredient	Form (whole, chopped)	25 Recipe Yield	
		Weight	Measure
Vegetable oil			4 tsp
BS chicken breast	2" pieces	3.3 lb	
Ginger root OR	Fresh, peeled, minced		4 slices
Ginger	Powdered		1 tsp
Garlic OR	Minced		4 cloves
Garlic Powder			½ tsp
Pineapple chunks	Canned, drained, reserve juice	20 oz can	
Orange juice		24 oz	3 cups
Chicken broth or water			2 cups
Vinegar			4 Tbsp
Vegetables	Sliced, fresh or frozen		
Soy sauce			4 Tbsp
Sugar			2 Tbsp
Cornstarch			4 Tbsp

Directions:
Heat oil in a large skillet over medium heat (350 degrees in an electric skillet).
Add chicken, ginger, and garlic and cook 5 minutes or until chicken is no longer pink.
Add pineapple juice, 2 cups of orange juice, chicken broth and vinegar. Cover and simmer for 5 minutes.
Add sliced vegetables. Cover and cook 3 minutes.
Mix remaining orange juice, soy sauce, sugar, and corn starch together in a small bowl.
Stir until smooth. Add to skillet and cook, stirring constantly, until mixture comes to a boil and thickens.
Add pineapple chunks.

Serve with rice on the side.