

Recipe Crediting Worksheet

Recipe Name Pineapple Chicken Lo Mein

Portion Size .72 cup

Resource used for Crediting SBG Yield 44 servings 8 qts

(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	6 lb	69.6		
Pineapple Tidbits 2-20 oz can	5 cup		5	
Carrot, raw, sliced	3 cup		3	
Green Pepper, diced	2.5 cup		2.5	
Green Onion, sliced	1 cup		1	
Pineapple juice	2 cup		2	
Spaghetti, dry	1.5 lb			48
(4)	Recipe Total	69.6 ounces	13.5 cup(s)	48 equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>54</u> 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	1.58 ounces	1.2 ¼ cup(s)	1 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>.72 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>8 Quarts</u> Recipe Yield	
		Weight	Measure
B.S. Chicken Breast	1" cubes	6 lb	
Pineapple tidbits	3 20 oz, drained		5 cups
Carrot	Sliced		3 cups
Green Pepper	Diced		2.5 cups
Green onions	Chopped		1 cup
Pineapple juice			2 cups
Spaghetti, dry	Cooked	1.5 lb	
Garlic, ginger, oil			
Cornstarch			3 Tbsp
Soy sauce			2 cup

Directions:

Drain pineapple, reserving juice

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

Add carrots, green pepper and pineapple.

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

Stir in spaghetti and onions.

Combine cornstarch, soy sauce, reserved pineapple juice until smooth.

Stir into chicken mixture.

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