

A close-up photograph of a white plate containing a meal. On the left side of the plate is a portion of white rice. To the right of the rice is a piece of chicken covered in a thick, melted yellow cheddar cheese sauce. The chicken is topped with a fresh salsa consisting of diced red tomatoes, black olives, and finely chopped green cilantro leaves. The background is a plain, light-colored surface.

*Southwest
Cheddar*

CHICKEN

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MEAL PATTERN CONTRIBUTION

- 2 ½ M/MA

YIELD

- 25 Servings

PORTION

- 1 chicken filet
- 2 oz. sauce

INGREDIENTS

- Black beans, canned, drained (1.12 lbs.) (2 cups)
- Corn, canned, drained (11.56 oz.) (2 cups)
- Onions, yellow, chopped (2.85 oz.) (1 cup)
- Garlic, granulated (0.34 oz.) (1 tbsp.)
- Taco seasoning (0.24 oz.) (1 tbsp.)
- Red pepper flakes (0.15 oz.) (2 tsp.)
- Chicken breast filet (3.4375 lbs.) (25 breasts)
- LAND O LAKES® Ultimate Cheddar™ Cheese Sauce (2.4 lbs.) (4.38 cups)
- Tomato, fresh, chopped (12.69 oz.) (2 cups)
- Cilantro, fresh, chopped (2 oz.) (1 cup)

PREPARATION

1. Rinse drained black beans and corn. Combine with onions and all spices. Add to cheese sauce and blend well.
2. In full size steamtable pan, shingle chicken filets. Pour mixed sauce over chicken filets making sure to coat each filet. Marinate for 24 hours. Cover and keep cooled below 41 °F until ready to cook. (CCP)
3. When ready to cook, you can keep in the full-size pan chicken is marinated in or you can transfer to a sheet pan.
4. Cook at 300 °F and heat until the internal temperature of the chicken reaches 165 °F. Hold at 135 °F or higher. (CCP)
5. Just before serving, top 1 chicken filet with 2 oz. sauce and top with fresh chopped tomatoes and cilantro.

NOTE

1. Suggested serving with brown rice or whole grain pasta. Option to garnish with fresh jalapenos and lime.

Nutrients Per Serving

Calories: 190 kcal Carbs: 9.6 g Sat Fat: 3.5 g Vitamin A: 194.6 IU Iron: 1.19 mg Sodium: 581.17 mg
Protein: 22 g Total Fat: 7.2 g Cholesterol: 60 mg Vitamin C: 3.39 mg Calcium: 209.18 mg Dietary Fibers: 1.50 g