



Serving Size and Nutrients Per Serving

**SERVING SIZE:**

K-12: 1 cup plus 2 lettuce leaves

**ONE SERVING PROVIDES:**

K-12: 1 oz M/MA + 1 G/B

**NUTRIENTS PER SERVING:**

Calories 292, Protein 20.7 g, Carbohydrate 39.1 g, Total Fat 7.6 g, Saturated Fat 2.0 g, Vitamin A 113 RE, Vitamin C 20.0 mg, Iron 1.75 mg, Calcium 66.3 mg, Sodium 859 mg, Dietary Fiber 2.9 g

Recipe developed for USA Rice Federation by Chef Cyndie Story, PhD, RD, CC

Thai Chicken and Brown Rice Lettuce Wraps

**INGREDIENTS**

- Chicken fajita meat, cooked, frozen
- Mango, fresh or frozen, peeled, diced or
- Pineapple tidbits, canned, drained
- Red bell peppers, raw, cut into 2-inch by ½ inch strips
- Peanut sauce, prepared\*
- Brown rice, medium or long grain, cooked
- Cilantro, fresh, chopped
- Lettuce, Iceberg or Boston, large whole leaves

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
6 lb 4 oz	-	12 lb 8 oz	-
4 lb	3 qt	8 lb	1 gal 2 qt
2 lb	2 qt	4 lb	1 gal
	1 qt 1 cup*	-	2 qt 1 pt
8 lb	6 qt 1 cup	16 lb	3 gal 2 cups
3 oz	2 cups	6 oz	4 cups
-	100 each	-	200 each

\*For a peanut free sauce alternative consider whisking together: 1 pt 2 oz prepared Sweet Chili Sauce and 1 pt 7 oz pineapple juice.

**DIRECTIONS**

1. Lightly coat 4-inch full size steam table pans with food release spray. Place 3 lb 2 oz chicken into each pan. For 50 servings use 2 pans. For 100 servings use 4 pans.
2. Add to each pan 2 lb diced mango or pineapple, 1 lb red pepper strips, and 1 qt prepared peanut sauce.
3. Cover and cook in a preheated 350°F oven for 30 minutes, or until the internal temperature reaches 135°F or above. Critical Control Point: Heat to 135°F or higher for at least 15 seconds.
4. Stir 2 lb of hot, cooked brown rice into each pan. Critical Control Point: Hold for service at 135°F or higher.
5. Sprinkle ½ cup of chopped fresh cilantro over each pan just before service.
6. Place 1 cup of the Thai Chicken and Rice mixture in a serving container.
7. Serve 2 large, fresh lettuce leaves with each serving for students to make their own lettuce wraps.

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