

THAI CHICKEN AND BROWN RICE LETTUCE WRAPS

SERVING SIZE: 1 CUP FILLING + 2 LETTUCE LEAVES

ONE PORTION PROVIDES:
1.25 OZ M/MA + 1 GRAIN




INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Chicken, cooked, shredded, or diced	6 pounds 4 ounces	1 ¼ pound	<ol style="list-style-type: none"> 1. Combine chicken, mango or pineapple, red bell pepper, brown rice, and peanut sauce. Gently mix. 2. Place 1 cup of the Thai Chicken and Rice mixture in a serving container.
Mango, diced or pineapple bits, drained	4 pounds (3 quarts)	12 ounces (2 ½ cups)	
Peppers, bell, red, fresh, julienne	2 pounds (2 quarts)	6 ounces (1 ½ cups)	
Brown rice, cooked	8 pounds (6 quarts, 1 cup)	1.6 pounds (5 cups)	
Peanut sauce*	1 quart 2 ¼ cups	1 ¼ cup	
Cilantro, fresh, chopped	3 ounces (2 cups)	¾ ounces (½ cup)	3. Garnish chicken/rice mixture with fresh cilantro.
Lettuce, Boston or Bibb lettuce, large whole leaves	100 each	20 each	4. Serve 2 large, fresh lettuce leaves with each serving for students to make their own lettuce wraps. Serve cold.
* For peanut free sauce whisk together 1 pint 2 ounces of sweet chili sauce and 1 pint 7 ounces of pineapple juice.			

SERVING NOTES:

Pan size	2, 4-inch full size steam table pans (for 50 portions)	Yield, weight	50 cups plus 100 lettuce leaves
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NUTRIENTS PER SERVING							
Calories	292	Total Fat	7.6 g	Vitamin A	113 RE	Iron	1.75 mg
Protein	20.7 g	Saturated Fat	2.0 g	Vitamin C	20 mg	Sodium	859 mg
Carbohydrate	39.1g	Cholesterol		Calcium	66.3 mg	Dietary Fiber	2.9 g

SOURCE: USA Rice Federation, <http://thinkrice.com/wp-content/uploads/2014/06/Thai-Chicken-and-Brown-Rice-Lettuce-Wraps.pdf>

PEANUT SAUCE - MULTIPURPOSE		SERVING SIZE: 1 OUNCE		
		ONE PORTION PROVIDES: .25-ounce meat/meat alternate		
INGREDIENTS	40 SERVINGS	10SERVINGS	DIRECTIONS	
Peanut butter	2 cups (1 ¼ pound)	½ cup	1. Place the ingredients in a blender and blend on medium speed until smooth, about 30 seconds. If using cold CCP: Hold for cold service at 41°F or below. If using hot CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher. <i>(Directions for stand mixer in place of blender: place the ingredients into the bowl of a stand mixer and mix, using the whip attachment. Begin mixing on low speed until the ingredients come together. Then increase speed to medium-high and whip until smooth, about 2 minutes.)</i> Alternatively: Mix by hand.	
Water	1 1/3 cups	1/3 cup		
Soy sauce, reduced sodium	½ cup	2 tablespoons		
Sugar, brown	½ cup	2 tablespoons		
Lime juice	3/8 cup	1 ½ tablespoons		
Oil, sesame, toasted	¼ cup	1 tablespoon		
Ginger, ground	2 teaspoons	½ teaspoon		
Garlic, granulated	1 teaspoon	¼ teaspoon		
Cayenne pepper or red pepper flakes (optional)	½ teaspoon	1/8 teaspoon		

SERVING NOTES:

Yield, weight	40 servings – 2 pounds 12 ounces		Yield, volume	40 servings – 5 cups			
NUTRIENTS PER SERVING							
Calories	108	Total Fat (g)	8.4	Vitamin A (IU)	10	Calcium (mg)	10
Protein(g)	3	Saturated Fat (g)	1.5	Vitamin C (mg)	1	Sodium (mg)	183
Carbohydrate (g)	6	Cholesterol (mg)	0	Iron (mg)	0	Dietary Fiber (g)	0

SOURCE: National Peanut Board, nationalpeanutboard.org

