

Butternut Squash and Chicken

Adapted from: [The Lunch Box](#) from the Chef Ann Foundation, adapted from the Minneapolis Public Schools Nutrition Services

Description: This recipe utilizes USDA Foods chicken strips, dark meat.

Yield: 92

Serving Size: 1 cup

USDA Meal Components: 2 oz. eq. meat/meat alternate, $\frac{1}{8}$ cup red/orange vegetable

Ingredients:

- 14 lbs. 4 oz. chicken thigh strip
- 1 cup 4 Tablespoons Curry Spice
- 4 #10 cans coconut milk, unsweetened
- 10 lbs. 13 oz. butternut squash
- 1 lbs. 7 oz. onion, yellow, jumbo
- 4 lbs. 7 oz. kale, fresh
- 6 oz. ginger root
- 4 oz. garlic, whole, peeled
- $\frac{1}{2}$ cup olive canola oil blend
- 1 Tablespoon salt
- 1 Tablespoon black pepper
- 1 cup 4 Tablespoon lime juice

Directions:

Pre-preparation:

1. Order chicken strips: pilgrims pride #1330 FC CN Dark Meat Chicken Menu Strips with Grill Marks 2.48 oz. = 2 oz. eq. meat/meat alternate
2. Yields:
 - a. Butternut squash = 84%

- b. Cooked onions = 78%
- c. Kale = 73%
- d. Ginger = 63%

Preparation:

1. Dice onion. Mince garlic and ginger.
2. Destem kale, chop into 2 inch pieces.
3. Peel butternut squash and deseed. Chop into large dice.
4. Saute squash and onions for 5 minutes.
5. Add spices and coconut milk.
6. Bring mixture to a boil.
7. Add chicken.
8. Simmer for 20 minutes. Add lime juice and remove from heat.
9. Serve using an 8 oz. ladle into a bowl or mug.

Nutrition Facts

92 Servings Per Recipe	Amount Per Serving
Serving Size	1 cup
Calories	392
Total Fat	27 g
Saturated Fat	20 g
Cholesterol	105 mg
Sodium	518 mg
Total Carbohydrate	17 g
Dietary Fiber	1.5 g
Protein	16 g

Filed Under: School