

Recipe Name: Apple Spiced Chicken (meatless)

Recipe Category: Dinner Entrée

Portion Size: 3 oz. boneless

Ingredients: Yields: 8 servings

Ingredients	Notes:
2 lbs. meatless chicken strips	
¼ cup cooking oil	
1/4 cup apple jelly	
2 tablespoons lemon juice	
1 teaspoon ground allspice	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	In a large pan, melt jelly then stir in lemon juice and allspice.	
2	Add chicken strips. Stir. Heat through.	Cook until internal temperature reaches 145 degrees F.
3	To serve, chicken and pour sauce over chicken	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if

not used. Cold holding at 41°F or colder or using time alone (less than four hours). **Texture Modified Diets:**

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size. No bones. Moisten with broth as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. No bones. Chop foods with a knife to 1/4” particle size. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch. No bones. Moisten with broth as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. No bones. May add broth or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Therapeutic Modified Diets:

Low-fat: No changes needed.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit lemon juice and all spice.

Liberal House Renal: Use alternate menu item.

No Added Salt: No changes needed.

2 Gram Sodium: Use low sodium meatless chicken. (less than 140 mg sodium per serving.)

Gluten Free: Use GF meatless chicken. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X				X		

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free