

Recipe Name: Asian Almond Chicken (meatless)**Recipe Category:** Dinner Entrée**Portion Size:** 4 oz. (3 oz. chicken plus sauce)**Ingredients:** Yields: 8 servings

Ingredients	Notes:
1 teaspoon ground ginger	
1 teaspoon garlic powder	
1 tablespoon canola oil	
2- 2 1/2 lbs. meatless chicken strips	
1/2 cup onions	Washed, peel and chopped.
1 cup fresh mushrooms, sliced	Wash, trim and slice.
1/4 cup green bell peppers	Washed, trim and diced.
1/4 cup water chestnuts	Drained and rinsed.
1/4 cup light soy sauce	
1 teaspoons vegan chicken base	
1 cup water	
1 tablespoon cornstarch	
1/4 teaspoon cayenne pepper	
1/3 cup. unsalted silvered almonds	
1/2 cup red bell peppers	Washed, trimmed and diced

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Heat oil in a large skillet and cook the chicken until heated through.	
2	Add the onion, pepper, mushrooms, chestnuts, ginger and garlic. Cook until onions are tender.	
3	Combine soy sauce, chicken base, water, cornstarch, and cayenne pepper. Cook sauce until thick and clear.	
4	Pour sauce over chicken. Add mushroom mixture and cook for about 40 minutes over low heat until or chicken is cooked. Add red bell peppers. Cook 5 minutes longer. Serve over rice and top with almonds.	Cook until internal temperature reaches 165 degrees F.

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 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: almonds and chestnuts

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: almonds and chestnuts.

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 prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: almonds and chestnuts.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too 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. Foods that do not process well should be omitted. Omit: almonds and chestnuts.

Therapeutic Modified Diets:

Lowfat: No changes needed.

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

Bland/Anti Reflux: Omit onions, garlic, bell peppers, cayenne pepper, and chestnuts.

Liberal House Renal: Omit soy sauce and almonds. Use SF broth.

No Added Salt: No changes needed

2 Gram Sodium: Omit soy sauce. Use SF broth. Use low sodium meatless chicken. (less than 140 mg sodium per serving.)

Gluten Free: Use gluten free soy sauce, meatless chicken, and chicken base. Prepare 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	X	

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