



RECIPE CARD

Grow it. Share it. Eat it.

Cooking together not only leads to delicious healthy meals, it can also be a great way for families to spend more time together, teach each other about local foods that are in season, and how to prepare them.



Tangerine Chicken Lettuce Wraps

Featured Item: Hydroponic Lettuce

Serving Size: 2 wraps • Yield: 50

HACCP Process #2:

Same day service

Child Nutrition Credit:

2 oz Meat/Meat Alternate
2 oz Whole Grain Equivalent
0.25 Cups of Red/Orange
0.125 Cups of Dark Green

INGREDIENTS

Tangerine Chicken:	12 Lbs
Carrots, Shredded:	3 qt
LOCAL Lettuce, Cleveland Crisp:	100 leaf outer
Brown Rice:	1 1/2 qt dry
Water:	3 qt

DIRECTIONS

1. Preheat oven to 350°F.
2. Prepare Chicken: Heat from frozen for 9-11 minutes. After heat thoroughly, apply one (1) sauce pack per bag of portions. Coat portions thoroughly. For best results, heat sauce before mixing with portions.
3. Sauce: Thaw overnight. Reheat in steam kettle or boil in bag.
4. Add popcorn chicken to sauce.
5. Serve two lettuce wraps. Each is made with .25 cups rice, 2 oz scoop chicken, 2 tbsp carrot.

Source: Pisanick Partners, LLC.