

Sweet-and-Sour Chicken, Rice, and Vegetables

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

"This recipe couldn't be simpler. The chicken is placed with rice and vegetables, and the sauce is stirred in."

—*Chef Vin, Kitchen Manager, Cambridge*

14 cups dry brown rice
13 pounds raw boneless chicken
1¾ cups low-sodium chicken stock
25 pounds Asian vegetable mix
1¾ cups sweet-and-sour sauce

Asian Vegetable Mix

3½ pounds bok choy
6 pounds broccoli
6 pounds carrots
6 pounds onions
1¾ pounds cauliflower
1¾ pounds celery

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1½ CUPS

To prepare rice: Bring 1¾ gallons (or 28 cups) of water to a boil in a pot. Stir in rice. Cover the pot and return to a boil. Reduce the heat to a simmer, and cook rice until all the water has been absorbed and rice is tender, approximately 40 minutes. It is not necessary to stir rice during cooking.

To prepare chicken: While rice is cooking, spread chicken on sheet pans in a single layer. Cook chicken in a 375°F oven until it is cooked through and no longer pink in the middle (if using precooked strips, cook 20 minutes). Remove chicken from the oven and transfer to wells, putting an equal amount of chicken in each well.

To prepare the Asian Vegetable Mix: Bring 1½ gallons of water to a boil in a pot. Add vegetables. Cover the pot and steam vegetables until just tender, approximately 7 minutes. Drain, and run under cold water. Transfer steamed vegetables to the wells containing the chicken, dividing vegetables equally among the wells.

When the rice is cooked, divide it equally among the wells. Stir a moderate amount of sauce into each well (enough sauce to add flavor but not enough to drip from a slotted spoon).

NUTRITIONAL INFORMATION

CALORIES: 227; SODIUM: 111.93 MG; SATURATED FAT: 3.49%

USDA REQUIREMENTS MET

2 OUNCES M/MA
½ CUP TOTAL VEGETABLE
(¼ CUP DARK GREEN VEGETABLE, 1/8 CUP RED OR ORANGE VEGETABLE,
1/8 CUP OTHER VEGETABLE)