



Grilled Chicken with Sweet & Sour Bartlett Pear Sauce

38 Servings

Portion: 1

Meal Component Crediting K-8, 9-12: 1 serving provides 2 oz Meat/Meat Alternate*; 2oz eq WGR Grain, 1/8 cup Other Vegetable, and ¼ cup Fruit. *Crediting may vary depending on purchased meat product.

Ingredients	Weight	Measure
Chicken, frozen, diced, cooked	4 lb 12 oz	
Pears, Pacific Northwest, canned, diced, extra light syrup, drained		1 no. 10 can
Onions, white, EP	1 lb 4 oz	
Peppers, red, EP	1 lb	
Pear syrup, reserved		3 c
Cornstarch		¼ c
Ketchup	3 lbs	1 ½ c
Sugar, granulated	1 lb 1 oz	1 ½ c
Vinegar, apple cider	1 lb	1 ½ c
Soy sauce		3 oz
Oil, canola		2 tbsp
Rice, brown, prepared		18 or 38 cups

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Thaw chicken overnight in the refrigerator.

CCP: Hold at 41°F or below.

2. Drain pears and reserve liquid.

3. Rinse onions and peppers under running water. Dice into large ½ inch pieces.

4. Whisk together 1 c pear juice and cornstarch until combined. Combine cornstarch mixture with remaining pear juice, ketchup, sugar, vinegar, and soy sauce.

5. Heat mixture until the sauce is gently boiling, reduce heat and simmer until sauce is thickened to a desired consistency to

coat chicken and vegetables.

6. Heat tilt skillet to medium. Add oil and sauté onions and peppers until slightly soft. Add thawed, cooked, diced chicken, and pears. Reduce the heat and add the sauce. Gently mix until chicken, pears, onions, and peppers are completely coated with the sauce.

CCP: Heat to 135° F or higher.

7. Using a no. 6 disher, serve ¾ c over ½ c (K-8) or 1 c (9-12) steamed brown rice.

CCP: Hold and serve at 135°F or above.



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Nutrients Per Serving

	<i>Nutrients Per Serving (with 1 oz eq grain):</i>	<i>Nutrients Per Serving (with 2 oz eq grain):</i>
<i>Calories</i>	278	383
<i>Protein</i>	14.83 g	17.09 g
<i>Carbohydrate</i>	45.37 g	67.38 g
<i>Total Fat</i>	3.61 g	4.44 g
<i>Saturated Fat</i>	.29 g	.45 mg
<i>Cholesterol</i>	42.52 mg	42.52 mg
<i>Sodium</i>	255.33 mg	258.19 mg
<i>Dietary Fiber</i>	2.17 g	3.16 g
<i>Trans Fat</i>	0 g	0 g

*Recipe by Gloria Stoverink
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