

BAKING TEMPS AT A GLANCE

325° - 350°F: The range you use most often. Temperatures over 300°F are where you begin to experience caramelization (browning of sugars) and the Maillard reaction (browning of proteins). Use this range for anything that is going to be cooking for a while, such as slow roasts or braises. Cakes are also typically baked at 350°F since they have a fair amount of sugar. If baked at a higher temp, the exterior of the cake would burn before it was fully cooked in the center.

375° - 400°F: Shorter term baking or roasting favors a slightly higher temperature to ensure crisp edges to cookies or bubbling golden cheese. This is also the perfect roasting temperature for chicken to ensure golden, crispy skin. As the heat gets higher, so does the risk of burning, so you must keep an eye on whatever is in the oven.

425° - 450°F: If you want perfect golden roasted vegetables, this is the temperature for you. This is where you will want to do any short-term baking or roasting, because you get a quick burst of high heat to ensure a golden color without having to stay in the oven for too long. For example, this is the ideal temperature if you are working with puff pastry, since you want the oven to be over 400°F to ensure the steam releases and puffs up the pastry.

475° - 500°F: If you are cranking the heat to the highest your oven can go, you're likely making pizza or breads. A super high temperature will cause the bread or pizza dough to rise and cook before the gluten has a chance to set.



Cilantro Lime Chickpea Chili

a recipe from Georgia School Nutrition Program

YIELDS: 10 cups

PREP TIME: 45 minutes

CATEGORY: Entree

Ingredients:

- 2 tablespoons olive oil (or canola)
- 1 medium bell pepper seeded and cut ¼" dice
- 1 medium onion cut ¼" dice
- 1 jalapeno seeded and finely chopped
- 1 tablespoon minced garlic
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground coriander
- 5 cups canned chickpeas (garbanzo) drained and rinsed
- 1 pound corn kernels
- 2 cups crushed tomato
- 3 cups water
- 1 tablespoon vegetable base, low sodium
- 8 oz. tomato paste
- ¼ cup fresh cilantro, chopped
- 3 tablespoons lime juice
- ½ teaspoon salt
- 1 teaspoon ground black pepper

TOOLS AND EQUIPMENT:

Measuring spoons, measuring cups, cutting board, Chef's knife, colander, mixing spoon, can opener, large pot with lid, 8 oz. ladle or spoodle

SERVING INFORMATION:

1 cup per serving

Steps:

1. Heat a large pot over medium high heat and add oil.
2. Add bell pepper, onion, jalapeno and cook until onions start to caramelize 3 to 4 minutes. Then add in minced garlic and cook while stirring until garlic is just starting to turn light brown.
3. Add in the spices and stir to incorporate, about 1 minute.
4. Add chickpeas, corn, crushed tomato, water, and vegetable base. Stir well and ensure base has dissolved. Reduce heat to a simmer and add the tomato paste.
5. Let simmer, covered, for 30 minutes and continue to stir every few minutes. (keep from scorching the bottom)
6. Stir in chopped cilantro, lime juice, salt, and pepper. Simmer while stirring for an additional 2 minutes.
7. Hold hot for service. **(135° or above, CCP)**

NUTRITION INFORMATION

SERVING: 1 cup

CALORIES: 195 kcals **CARBOHYDRATES:** 34g

PROTEIN: 8g **FAT:** 12g **SATURATED FAT:** 1g

CHOLESTEROL: 0 mg **SODIUM:** 394mg

FIBER: 3g **SUGAR:** 7g

VITAMIN A: 1089 IU **VITAMIN C:** 33mg

CALCIUM: 84 mg **IRON:** 2mg



Ginger Chicken Street Taco

a recipe from Georgia School Nutrition Program

YIELDS: 8 tacos

PREP TIME: 45 minutes

CATEGORY: Entree

Ingredients:

- ¼ cup low-sodium soy sauce
- ½ teaspoon sesame oil
- 2 tablespoons fresh ginger, minced
- 2 cloves garlic, minced
- 1 tablespoon honey
- ¼ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes (optional)
- 1-pound boneless skinless chicken breasts, rough chop
- 1 ¼ cup pickled vegetables, see sub recipe
- 1 large red pepper cut into matchsticks
- 1 cup red cabbage, matchstick size shred
- 1 sprig of green onions cut into matchstick size
- 8 six-inch flour tortillas
- ¼ cup lite mayonnaise
- 1 tablespoon sriracha

Steps:

1. In a medium bowl, mix the soy sauce, honey, sesame oil, ginger, garlic, black pepper, and optional red pepper flakes. Place the chicken in the bowl, cover and place in cooler (**41° or below, CCP**) and let it marinate for 30 minutes to an hour.
2. Place mayonnaise and sriracha in a separate container and mix well. Place into squeeze bottle or piping bag and reserve in cooler (**41° or below, CCP**) for service.
3. When the chicken is marinated, heat a skillet with the olive oil over medium-high heat. Once the pan is hot, cook the chicken breasts (about 7-10 minutes, depending on the size of the chicken pieces) until starts to brown and liquid is reduced and absorbed. (**165° has been obtained, CCP**)
4. While chicken is cooking, place tortillas in a pan and cover. Then hold in warming cabinet.

TOOLS AND EQUIPMENT:

Measuring spoons, measuring cups, mixing bowls, whisk, cutting board, Chef's knife, skillet, stainless food pan, plastic wrap

SERVING INFORMATION:

2 tacos per serving:

1 tortilla, 1oz chicken (**135° or higher, CCP**). Then top with pickled vegetables, cabbage, red pepper, and green onions (ensure to get a bit of all the veggies, (approx. 1 to 1 ½ oz per taco) and top with a drizzle of the sriracha mayonnaise.

NUTRITION INFORMATION

SERVING: 2 tacos

CALORIES: 234 kcals **CARBOHYDRATES:** 28g

PROTEIN: 17g **FAT:** 7g **SATURATED FAT:** 2g

CHOLESTEROL: 0 mg **SODIUM:** 650mg

FIBER: 3g **SUGAR:** 15g

VITAMIN A: 4757 IU **VITAMIN C:** 70 mg

CALCIUM: 63 mg **IRON:** 2mg



Pickled Vegetables

Sub recipe for Ginger Chicken Street Tacos

a recipe from Georgia School Nutrition Program

YIELDS: 8 tacos PREP TIME: 10 minutes, 3 hours to marinate

CATEGORY: Sub-recipe

Ingredients:

- 1 large carrot, peeled cut into matchsticks
- 2 cucumbers, peeled, de-seeded, cut into matchsticks
- 1 medium red onion, julienne
- ½ cup rice vinegar
- 1/8 cup sugar
- 1 tsp low sodium soy sauce
- 1 tsp sesame oil

Steps:

1. In a medium bowl, mix the vinegar, sugar, fish sauce, and sesame oil.
2. Place the vegetables in the bowl, mix it with the liquid.
3. Wrap the bowl with plastic wrap. Refrigerate for at least 3 hours or overnight. **(41° or below, CCP)**

TOOLS AND EQUIPMENT:

Measuring spoons, measuring cups, mixing bowls, whisk, cutting board, Chef's knife, plastic wrap

SERVING INFORMATION:

This is a garnish. Serving size to include a mix of all the vegetables, equal to about ½ oz. per taco.

NUTRITION INFORMATION

SERVING: 1 ¼ cups (for 8 tacos)

CALORIES: 32 kcals **CARBOHYDRATES:** 6 g

PROTEIN: <1g **FAT:** 1g **SATURATED FAT:** <1g

CHOLESTEROL: 0 mg **SODIUM:** 29 mg

FIBER: <1g **SUGAR:** 4 g

VITAMIN A: 1549 IU **VITAMIN C:** 3mg

CALCIUM: 13 mg **IRON:** <1mg



Grilled Mexican Chicken Street Taco

a recipe from Georgia School Nutrition Program

YIELDS: 8 tacos

PREP TIME: 30 minutes

CATEGORY: Entree

Ingredients:

1 pound sliced, cooked, boneless chicken
2 tablespoons olive oil
½ cup grape tomatoes cut in half
1 red onion, small dice
1 teaspoon minced garlic
1 jalapeno, de-seeded, finely chopped
8 six-inch white corn tortillas warmed on a skillet
(flour tortillas may be substituted)
½ cup fresh cilantro, chopped
1 tablespoon fresh lime juice
Pinch of kosher salt
Hot sauce or salsa, optional
Sour cream, optional

For the Marinade:

4 tablespoons orange juice
2 tablespoons apple cider vinegar
1½ tablespoons lime juice
3 cloves garlic, minced
1½ tablespoons chipotle chili powder
2 teaspoons dried oregano leaves
2 teaspoons paprika
¼ teaspoon ground cinnamon
1 teaspoon salt
freshly ground black pepper

Steps:

1. Make chicken marinade by combining all marinade ingredients in a bowl, then add in chicken and mix well.
2. Refrigerate for at least 1 hour or up to overnight. **(41° or below, CCP)**
3. In a bowl, combine the tomato halves, dices onions, garlic, jalapeno cilantro, lime juice, and pinch kosher salt. Mix well and reserve in cooler. **(41° or below, CCP)**
4. Heat sauté pan over medium-high heat. Add olive oil then add chicken and the marinade into the pan. Bring to a boil the reduce to a simmer, stirring occasionally.
5. Cook for about 4-5 minutes, until marinade is absorbed or evaporated. **(165° or higher, CCP)**
6. Transfer to a plate and allow to rest for a few minutes before chopping into small pieces.

TOOLS AND INFORMATION:

Measuring spoons, measuring cups, mixing bowls, whisk, cutting board, Chef's knife, skillet, stainless food pan, plastic wrap

SERVING INFORMATION:

3 tacos if using the corn flour tortilla street tacos (3.5")

2 tacos if using the flour tortilla street tacos (4.5"+)

1 warmed corn tortillas. Top with 1 oz. chopped chicken, ½ oz. pico de gallo, cilantro, hot sauce, and sour cream (optional). Spritz with a little bit of lime juice. Serve immediately.

NUTRITION INFORMATION

SERVING: 2 tacos

CALORIES: 179 kcals **CARBOHYDRATES:** 10g

PROTEIN: 15g **FAT:** 10g **SATURATED FAT:** 2g

CHOLESTEROL: 34 mg **SODIUM:** 792 mg

FIBER: 3g **SUGAR:** 2g

VITAMIN A: 1679 IU **VITAMIN C:** 13mg

CALCIUM: 107 mg **IRON:** 2mg