***NR#91 Chicken with apples, carrots, and grains***

***Serving Size and Ingredients 3oz chicken, 1/2c grain, ½ c apples, 1/2c carrots***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 4 1/8 | 8 1/3 | 16 2/3 | Onion, diced |
| 12 ½ c | 25 c | 50 c | Carrots, diced |
| 12 ½ c | 25c | 50 c | Core and dice apples |
| 4 1/8 tsp | 8 1/3 tsp | 1/3c | Ground cinnamon |
| 4 1/8 tsp | 8 1/3 tsp | 1/3c | Ground coriander |
| 4 1/8 tsp | 8 1/3 tsp | 1/3c | Ground cumin |
| 1 1/8 tsp | 2 1/8 tsp | 4 1/8 tsp | Black pepper |
| 4 ¾ lbs | 9 ½ lbs | 16 2/3 lbs | Chicken breast, boneless, skinless |
| ½ c | 1c | 2c | Olive oil |
| ½ gallon | 1 gallon | 2 gallon | Low sodium chicken broth |
| 12 ½ c | 25c | 50c | Quinoa and brown rice |
| 3 1/8 c | 6 1/4c | 12 ½ c | Dried cranberries |
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***Instructions:***

1. ***Peel and rinse and dice the onion and carrot***
2. ***Core and dice apples***
3. ***In a small bowl mix cinnamon, coriander, cumin, and pepper***
4. ***Pat chicken dry with paper towels***
5. ***Cut chicken in cubes and rub pieces with spice mixture***
6. ***In large skillet over medium high heat add 1 TBSP olive oil***
7. ***Add the onions, carrots, and apples***
8. ***Cook stirring occasionally until the vegetables start to brown about 15 minutes***
9. ***Transfer to a medium bowl***
10. ***Add the remaining tablespoon of oil to the pan***
11. ***Brown the chicken for 2 to 4 minutes per side***
12. ***Add broth and quinoa and brown rice***
13. ***Bring to a simmer***
14. ***Cook or 15 to 25 minutes, or until grain mixture is cooked***
15. ***Add the dried cranberries and vegetable/fruit mixture***
16. ***Cook until liquid is almost gone 5 to 10 minutes.***

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***