

**2018 Winter Conference Culinary Workshop –  
Recipe #1 – BBQ Chicken Nachos**

**Tools needed**

1 box yellow wrap paper 10x10; 3lb Boat (serving box); #16 scoop; #8 scoop;  
2oz ladle; (1) 2 inch hotel pan; Metal spatula; 9” paper plates; 1 qt. measuring cup;  
1 cup measuring cup; Aluminum foil; Saran wrap; Oven; large pot of water to heat cheese  
sauce

**Ingredients**

5 lbs	Unseasoned Chicken Strips (USDA or equivalent)
3 cups	BBQ sauce
½ cup	Water
½ cup	Apple cider vinegar
2 tsp	Red pepper flakes
35-2 oz	Tortilla chips
1 bag (106 oz)*	Land O’Lakes Ultimate Cheddar Cheese Sauce Base product code 39940 [ <i>Allergen: Dairy</i> ] (*approx. 36 oz sauce will be leftover)

**Method**

- Preheat oven to 350° F.
- Place 1 bag (5lbs) of frozen chicken strips in 2 inch deep hotel pan.
- Mix BBQ sauce, water, vinegar and pepper flakes; pour over chicken.
- Cover pan with plastic wrap, then foil. Heat for one hour.
- While chicken is cooking, place cheese sauce into kettle of boiling water, heat cheese sauce 12-15 minutes to 145-155° F.
- Take chicken out of the oven, using a metal spatula separate meat to give a shredded chicken look.

**For Serving**

- Place yellow wrap paper on top of boat, add 2oz tortilla chips, then add chicken using full #16 scoop.
- Top with 2oz cheese sauce

**Servings**

Makes 35 servings

**Cost per serving**

.30 cents

**Allergens**

Dairy

**Meal Components:** 2 oz eq grains, 2.25 meat/meat alt

<b>Nutrition Facts</b>	
<b>Serving Size</b>	1 serving
<b>Calories</b>	485
<b>Total Fat</b>	21 gm
Sat Fat	8 gm
Trans Fat	0 gm
<b>Cholesterol</b>	64 mg
<b>Sodium</b>	941 mg
<b>Total Carbohydrates</b>	51 gm
Dietary Fiber	4 gm
Total Sugars	7 gm
<b>Protein</b>	21 gm
Calcium	277 mg
Iron	1.1 mg

**2018 Winter Conference Culinary Workshop –  
Recipe #1 – BBQ Chicken Nachos (full bag of cheese sauce utilized)**

**Tools needed**

1 box yellow wrap paper 10x10; 3lb Boat (serving box); #16 scoop; #8 scoop;  
2oz ladle; (1) 2 inch hotel pan; Metal spatula; 9” paper plates; 1 qt. measuring cup;  
1 cup measuring cup; Aluminum foil; Saran wrap; Oven; large pot of water to heat cheese sauce

**Ingredients**

6 lb, 14 oz	Unseasoned Chicken Strips (USDA or equivalent)
4 cups + 2 Tbsp	BBQ sauce
2/3 cup	Water
2/3 cup	Apple cider vinegar
3 tsp	Red pepper flakes
48-2 oz	Tortilla chips
1 bag (106 oz)	Land O’Lakes Ultimate Cheddar Cheese Sauce Base – product code 39940 [ <i>Allergen: Dairy</i> ] (*approx. 36 oz sauce will be leftover)

**Method**

- Preheat oven to 350° F.
- Place frozen chicken strips in 2 inch deep hotel pan.
- Mix BBQ sauce, water, vinegar and pepper flakes; pour over chicken.
- Cover pan with plastic wrap, then foil. Heat for one hour.
- While chicken is cooking, place cheese sauce into kettle of boiling water, heat cheese sauce 12-15 minutes to 145-155° F.
- Take chicken out of the oven, using a metal spatula separate meat to give a shredded chicken look.

**For Serving**

- Place yellow wrap paper on top of boat, add 2oz tortilla chips, then add chicken using full #16 scoop.
- Top with 2oz cheese sauce

**Servings**

Makes 48 servings

**Cost per serving**

.30 cents

**Allergens**

Dairy

**Meal Components:** 2 oz eq grains, 2.25 meat/meat alt

<b>Nutrition Facts</b>	
<b>Serving Size</b>	1 serving
<b>Calories</b>	485
<b>Total Fat</b>	21 gm
Sat Fat	8 gm
Trans Fat	0 gm
<b>Cholesterol</b>	64 mg
<b>Sodium</b>	941 mg
<b>Total Carbohydrates</b>	51 gm
Dietary Fiber	4 gm
Total Sugars	7 gm
<b>Protein</b>	21 gm
Calcium	277 mg
Iron	1.1 mg