

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

| Nutrition Facts | | |
|---------------------|-----------|----|
| Serving Size | 1 serving | |
| Calories | 485 | |
| Total Fat | 21 | gm |
| Sat Fat | 8 | gm |
| Trans Fat | 0 | gm |
| Cholesterol | 64 | mg |
| Sodium | 941 | mg |
| Total Carbohydrates | 51 | gm |
| Dietary Fiber | 4 | gm |
| Total Sugars | 7 | gm |
| Protein | 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

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