

Cheesy Chicken Bake

featuring Southwest Chicken Whole Grain Tornado[®]

INGREDIENTS

24
SERVINGS
1 Serving = 1 piece of bake

Tornados
Southwest Chicken
86747

24 (1 single)

Rice, Brown, Long-Grain, Cooked	9 cups
Sour Cream, Reduced Fat	3 cups
Peppers, Jalapeño, Canned	8 oz
Peppers, Sweet, Red	1 medium
Cheese, Cheddar, Yellow, Shredded	2 lb + 14 oz
Cumin	1 tsp
Garlic Powder	1 tsp
Cilantro, Fresh	4 Tbsp



NUTRIENTS PER SERVING

Calories: 522.23	Protein (g): 22.77
Sodium (mg): 779.08	Saturated Fat (g): 13.29
Total Fat (g): 29.63	Kcal from Sat.: 22.91%
Kcal from Fat: 51.12%	Carbohydrate (g): 46.09
Fiber (g): 3.61	Sugars (g): 1.46

Allergens: Milk, Soy, Wheat

DIRECTIONS

- 1: Coat one - 2 1/2 inch full size hotel pan with cooking spray.
- 2: With a sharp knife, cut Tornados into approximately 1-inch slices or 4 pieces. For easy cutting, allow to thaw at room temperature for about 15 minutes before cutting. Set aside.
- 3: In a mixing bowl, combine cooked rice, sour cream, chopped jalapeños, chopped red bell pepper, cumin, garlic powder and all but 8 oz of shredded cheese.

- 4: Stir until well mixed. Spoon into one 2 1/2 inch full size hotel pan.
- 5: Place cut Tornados on top of rice mixture, distributing evenly over the pan. Sprinkle the remaining 1 cup of cheese on top.
- 6: Cover with sprayed foil. Bake at 400°F for 25-30 minutes until heated and through and internal temp is 165°F and cheese is melted.

SERVING COMPONENTS

Portion size: 1 piece
2 oz. meat/meat alt.
2 oz. grains

YIELD

24 Servings:
24 pieces of bake

RECIPE NOTES

- Portion each full size hotel pan into 24 serving squares, each portion with 4 pieces or 1 Tornado.
- Optional:** Garnish with fresh herbs, farm to school vegetables
- Optional:** Garnish with avocado ranch sauce, spicy sriracha sauce, boom boom sauce, fresh salsa, hot sauce

Note: Any changes to this recipe need to include ingredients of $\frac{3}{4}$ B/G +1.75 M/MA in addition to 1 Tornado to be counted as a 2/2 for a reimbursable lunch entree.

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