



## Barbecue Chicken or Turkey Salad

This Barbecue Chicken or Turkey Salad includes tender white chicken combined with green onions, celery and the smoky flavor of barbecue sauce. Delish!

### CACFP Adult Portion Crediting Information

1 cup (8 oz spoodle) provides ½ cup vegetable (⅛ cup red/orange vegetable, ⅜ cup other vegetable), and 2 oz equivalent meat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Ranch dressing	8 oz	1 cup	1 lb	2 cups	<b>1</b> Prepare ranch dressing and refrigerate. Set aside for step 4. For 25 servings, use 1 cup (about 8 oz) ranch dressing. For 50 servings, use 2 cups (about 1 lb) ranch dressing.  <b>2</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Fresh white onions, chopped	1 lb	3 cups	2 lbs	1 qt 2 cups	
Paprika		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		1 ½ tsp		1 Tbsp	
Catsup	1 lb 12 oz	3 cups (approx. ¼ No. 10 can)	3 lb 8 oz	1 qt 2 cups (approx. ½ No. 10 can)	
Garlic powder		½ tsp		1 tsp	
Brown sugar	6 oz	¾ cup	12 oz	1 ½ cups	
Worcestershire sauce		¼ cup		½ cup	
Ground black pepper		1 tsp		2 tsp	
Salt-free seasoning		2 Tbsp		¼ cup	
					<p><b>3 Barbecue sauce:</b> Combine white onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally. For 25 servings, use about 2 lb 14 oz (1 qt 1 ½ cups) barbecue sauce. For 50 servings, use about 5 lb 12 oz (2 qt 3 cups) barbecue sauce.</p>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed ½" pieces OR Frozen, cooked diced turkey, thawed ½" pieces	3 lb 8 oz OR 3 lb 8 oz	1 gal OR 1 gal	7 lb OR 7 lb	2 gal OR 2 gal	<p><b>4</b> Combine barbecue sauce, ranch dressing, chicken or turkey, ancho chili powder or Mexican seasoning mix, green onions, red onions, and diced celery in a large bowl. Stir well.</p> <p><b>5</b> Pour into a large steam table pan 7 lb 10 oz (1 gal 2 qt). Refrigerate.</p>
Ancho chili powder OR Mexican seasoning mix (See Notes Section)		1 Tbsp OR 1 Tbsp		2 Tbsp OR 2 Tbsp	
*Fresh green onions, diced	8 oz	3 cups	1 lb	1 qt 2 cups	<p><b>6</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
*Fresh red onions, diced	8 oz	2 cups	1 lb	1 qt	
*Fresh celery, diced	1 lb	1 qt	2 lb	2 qt	
*Fresh iceberg lettuce, leaves, rinsed, dry	8 oz (approx. ⅓ oz each)	25 each	1 lb (approx. ⅓ oz each)	50 each	<p><b>7</b> Line the bun sheets with parchment paper and 25 saucers. Place lettuce on each plate (25 pieces) Using an 8 oz spoodle place (1 cup) barbecued chicken salad on top of plated lettuce. Recommendation: 25 scoops per bun pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p>
*Fresh tomatoes, sliced	1 lb 8 oz (approx. 1 oz each)	25 each	3 lb (approx. 1 oz each)	50 each	
Mini whole-grain rolls (1 oz each) - (Optional)	1 lb 9 oz	25 each	3 lb 2 oz	50 each	<p><b>8</b> Place sliced tomato on top of barbecued chicken salad.</p> <p><b>9</b> If desired, serve on a whole-grain roll.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>10</b> Critical Control Point: Hold at 40 °F or lower.
					<b>11</b> Serve 1 cup (portion with 8 oz spoodle).

**NUTRITION INFORMATION**

For 1 cup (8 oz spoodle) salad

<b>NUTRIENTS</b>	<b>AMOUNT</b>
Calories	192

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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	43 mg
<b>Sodium</b>	<b>186 mg</b>
<b>Total Carbohydrate</b>	<b>23 g</b>
Dietary Fiber	2 g
Total Sugars	17 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>

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Vitamin A	43 mcg RAE
Vitamin C	10 mg
Vitamin D	4 IU
Calcium	58 mg
Iron	2 mg
Potassium	518 mg
N/A=no data available.	

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Fresh green onions	1 lb 6 oz	2 lb 12 oz
Fresh red onions	1 lb 2 oz	2 lb 4 oz
Fresh celery	1 lb 3 oz	2 lb 6 oz
Fresh iceberg lettuce	8 oz	1 lb
Fresh tomatoes	1 lb 12 oz	3 lb 8 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**Mexican Seasoning Mix: Makes ¾ cup (about 4 ½ oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**Ranch Dressing:**

Combine 1 ⅓ cup low-fat buttermilk, 2 ⅓ tsp lemon juice, ½ cup 2 Tbsp low-fat, plain yogurt, 1 tsp fat-free sour cream, ½ cup 1 Tbsp 1 ½ tsp low-fat mayonnaise, 1 Tbsp onion powder, 1 Tbsp garlic powder, ½ tsp ground black pepper, ½ tsp dried chives, 1 ½ tsp dried parsley, 1 tsp salt, 1 tsp sugar, in a large bowl and stir well.

YIELD/VOLUME	
25 Servings	50 Servings
About 7 lb 10 oz	About 15 lb 4 oz
About 1 gal 2 qt/2 sheet pans	About 3 gal/4 sheet pans

**SOURCE:**  
CACFP Adult Portion Recipe Project