



Asian Barbecue (25 Portions) (vegan)

L-217-51

Color Code: Green

Sodium: High

Yield: 25 Portions

Each Portion: 1 Fillet (4 oz)

Pan Size and Number: Marinating Container, 18 x 26-Inch Sheet Pans (1), 12 x 20 x 2-½-Inch Steam Table Pans (1)

Temperature: 325°F

Time: 14 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
VEGAN CHICKEN BREAST, FZN, THAWED		6-¼ lb	
SAUCE, BARBECUE, PREPARED (VEGAN)	2-½ cups	1 lb 7 oz	
SOY SAUCE, REDUCED SODIUM	1 cup	8 oz	
JUICE, ORANGE, CONCENTRATED	¼ cup	2-½ oz	
GRANULATED GARLIC	½ cup 7/8 oz		
GINGER, GROUND	1 tbsp + 1 tsp	¼ oz	
COOKING SPRAY, NONSTICK		¼ oz	
ONIONS, GREEN, TRIMMED, FINELY CHOPPED	½ cup	2-¼ oz	2-¾ oz

DIRECTIONS

CP: Thaw vegan chicken breasts and orange juice under refrigeration at 41°F (5°C)

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Combine barbecue sauce, soy sauce, orange juice concentrate, garlic, and ginger; mix well.
- Place vegan chicken in a glass, plastic, or stainless steel marinating container. Liberally puncture vegan chicken with pastry docker to allow marinade more easily into vegan chicken.
- Pour barbecue sauce mixture over fillets; cover. CP: Marinate fillets under refrigeration for 45 minutes to overnight. Marinating overnight is optimal.
- Lightly spray the (18 x 26-inch) sheet pan with nonstick cooking spray.
- Remove fillets from sauce. Place fillets on the sheet pan. CP: Discard remaining sauce or refrigerate it in reserve. If entrée is served over rice, reserve sauce can be offered to be drizzled over rice once heated for service.
- Using a convection oven, bake at 325°F (163°C) on high fan, open vent for 12 to 14 minutes. CCP: Internal temperature of the fillets must reach 165°F (74°C) or higher for 15 seconds.

8. Transfer fillets to the steam table pan.
9. Scrape excess barbecue liquid from sheet pans. Drizzle over fillets.
10. Garnish fillets with the finely chopped green onions.
11. Serve immediately or CP: hold for hot service at 135°F (57°C) or higher.

RECIPE NOTES

1. In Step 2, 2 oz ($\frac{3}{8}$ cups) fresh, minced, fresh garlic, per 25 portions, may be substituted. Use 2- $\frac{1}{2}$ oz A.P. to yield 2 oz ($\frac{3}{8}$ cups) minced, fresh garlic.
2. In Step 10, if desired, this recipe may be garnished with $\frac{1}{2}$ oz (2 tbsp) sesame seeds, per 25 portions; sprinkle evenly over each pan.
3. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
4. Select a BBQ sauce that does not contain Worcestershire sauce and contains no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
5. If facility prepares this recipe as written using ingredients that contain no animal products, facility may choose to list item on Go For Green card as "Asian Barbecue (vegan)". Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
6. This recipe was created using Dr. Praeger's Chickenless breasts (vegan). Other vegan chickenless breasts can be substituted with similar results.

NUTRITION FACTS

Calories	204 cal
Carbohydrates	19 g
Sugars*	9 g
Protein	18.4 g
Fat	6 g
Saturated Fat	.5 g
Cholesterol	0 mg
Sodium	960 mg
Calcium	101 mg
Fiber	5.4 g