

Go For Green® Color and Sodium Level: Yellow and Moderate

SWEET AND SOUR Chicken (vegan)

Yield 50 Portions

Temp 350°F (177°C)

Each Portion 4.5 oz nuggets (vegan) + 1/4 cup sauce

Time 18 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber

Ingredients

Weight

Measure

Approx. Issue

OIL, CANOLA	2 oz	¼ cup	
PEPPER, GREEN, BELL, DICED, ½-INCH	3 lb 3 oz	3 qt	3 lb 15 oz
PINEAPPLE TIDBITS, CANNED, DRAINED	2 lb	1 ¼ qt	¾ No. 10 can
MARASCHINO CHERRIES, DRAINED, RINSED, HALVED	1 lb 5 oz	1 qt	1/3 No. 10 can
CATSUP, TOMATO	3 lb 9 oz	1½ qt	
PINEAPPLE JUICE, CANNED	3 lb	1 qt + 1½ cup	
VINEGAR, WHITE, DISTILLED	1 lb 12 oz	3⅓ cup	
SUGAR, GRANULATED	9 oz	1⅓ cup	
SOY SAUCE, LOW SODIUM	4 oz	¼ cup + 2 tbsp	
WATER	1 lb 13 oz	3½ cup	
CORNSTARCH	3⅓ oz	½ cup + 5 tbsp	
CHICKEN NUGGETS (VEGAN)	14 lbs		

Methods

1. 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.
2. In a steam-jacketed kettle or stock pot, heat oil and sauté green peppers for 5 minutes, stirring occasionally. Add pineapple tidbits and maraschino cherries. Sauté for 2 minutes, stirring occasionally. Remove mixture from heat; hold for use in Step 6.
3. Cook chicken nuggets (vegan) according to package instructions. CP: Hold for hot service at 135°F (57°C) or higher.
4. Combine catsup, pineapple juice, vinegar, sugar, and soy sauce in a steam-jacketed kettle. Bring to a boil. Reduce heat, simmer, for 5 minutes.
5. Combine water and cornstarch until smooth. Gradually whisk slurry into sauce mixture while stirring constantly. Bring to a boil. Reduce heat; simmer for 5 minutes until thickened; stir frequently. CCP: Internal temperature must reach 135°F (57°C) for 15 seconds.
6. Combine sauce and cooked vegetable mixture. Mix in chicken nuggets (vegan) and coat. CP: Hold for hot service at 135°F (57°C) or higher.

Notes

1. Serving Suggestions: Serve over rice. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.
2. Alternatives: If Green Bell peppers are not available, can substitute with equal amount of red or yellow or orange bell peppers.
3. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Sweet and Sour Chicken (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. If Chicken Nuggets are vegetarian, facility may choose to list item on Go For Green card as “Sweet and Sour Chicken (vegetarian)”.
- 4.

