

Go For Green® Color and Sodium Level:

**SZECHWAN CHICKEN TENDERS (VEGAN)**

**Yield** 100 Portions

**Pan Size and Number** Steam-Jacketed Kettle,

**Temp** 350°F (177°C)

**Each Portion** 5 OZ

Griddle, 12 x 20 x 4-Inch Steam Table Pan (2)

**Time** 30 min

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Cholesterol	Sodium	Calcium	Fiber
						0 mg			

**Ingredients**

VINEGAR, WHITE, DISTILLED  
 COOKING SPRAY, NONSTICK  
 SOUP AND GRAVY BASE, VEGETABLE  
 SOY SAUCE, REDUCED SODIUM  
 CATSUP, TOMATO  
 SUGAR, GRANULATED  
 SPICE, PEPPER, CAYENNE  
 CORNSTARCH  
 WATER  
 CHICKEN NUGGETS (VEGAN)  
 GREEN ONIONS

**Weight**

2 lbs  
 0 lbs 2 oz  
 1 1/4 oz  
 1 lb 14 oz  
 1 lb 10 oz  
 1 lb 12 oz  
 0 lbs 3/4 oz  
 5 1/4 oz  
 2 lb 13 oz  
 31 lbs  
 2 oz

**Measure**

1 pt 1 c 13 tbsp  
 4 tbsp 1/2 tsp  
 2 tbsp 1 tsp  
 1 pt 1 c 5 tbsp 1 tsp  
 1 pt 1 c 1 tbsp 3/8 tsp  
 1 qt  
 4 tbsp

**Approx. Issue**

**Methods**

1. If necessary, spray pan and cook chicken nuggets (vegan) according to package instructions. Do not overbake. CP: Hold for hot service at 135°F (57°C) or higher.
2. Prepare base according to manufacturer's directions.
3. Chop green onions to be used as garnish and set aside.
4. Sauce Mixture: Combine vegetable base mix, vinegar, soy sauce, catsup, sugar, and cayenne pepper spice in a steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
5. In a mixing bowl, blend cornstarch and water to make a slurry. Gradually add slurry to sauce mixture while stirring constantly. Simmer for 5 minutes until thickened, stirring frequently. Remove sauce from heat.
6. Combine sauce mixture and chicken nuggets (vegan) in a large mixing bowl. Mix lightly but thoroughly. Place in 12 x 20 x 4-inch steam table pan.
7. To garnish, evenly distribute 1/2 cup (2 oz) of green onions over the top of Szechwan Chicken (vegan) in each pan. Serve immediately or CP: Hold at 135°F (57°C) for hot service.
8. EACH PORTION: 5 oz.

**Notes**

1. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together
2. 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.
3. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Szechwan 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 “Szechwan Chicken (vegetarian)”.

