

Chicken Fiesta Salad Shaker

Pierce® Chicken Fajita Strips (1250) adds spice to lunch in a Fiesta-style salad with spicy jalapeño and crispy vegetables that is perfect for grab n' go and summer meals.



YIELD

1 salad (multiply as needed)

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA
1/2 cup dark green vegetable
1/8 cup bean/legume
1/8 cup starchy vegetable

DIFFICULTY

Easier

ALLERGENS

Dairy

INGREDIENTS AND PREPARATION

1 serving (2.47 oz) Pierce Chicken Fajita Strips (1250)

1 ounce Ranchero or Fajita-style dressing

1/8 cup black beans, drained and rinsed

1/8 cup frozen corn, thawed

1 tablespoon canned jalapeño peppers, drained and rinsed, chopped

1 tablespoon chopped tomato

1/2 ounce shredded cheddar cheese

1 cup chopped Romaine salad mix

1. Preheat oven to 350°F. Place frozen chicken patties in a single layer on an ungreased baking pan. Bake for 90 minutes in a conventional oven or 45 minutes in a convection oven or until internal temperature reaches 165 ° F. Cool to 41 ° F.
2. Place 1 ounce of dressing in the bottom of a 16-ounce container. Layer salad ingredients on top of dressing in this order: black beans, corn, jalapeño, chicken (one #8/4oz spoodle), tomatoes, cheese and Romaine.
3. Place domed lid on container.
4. Hold for cold service at 41 ° F.

Nutrition Facts		
Serving Size (236g) (1 salad)		
Amount Per Serving		
Calories 290	Calories from Fat 140	
% Daily Value*		
Total Fat 15g	23%	
Saturated Fat 5g	25%	
Trans Fat 0g		
Cholesterol 95mg	32%	
Sodium 1090mg	45%	
Total Carbohydrate 17g	6%	
Dietary Fiber 4g	16%	
Sugars 4g		
Protein 23g		
Vitamin A 90%	Vitamin C 10%	
Calcium 15%	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Calories: 2,000 2,500		
Total Fat	Less than 65g 60g	
Saturated Fat	Less than 20g 25g	
Cholesterol	Less than 300mg 300mg	
Sodium	Less than 2,400mg 2,400mg	
Total Carbohydrate	350g 375g	
Dietary Fiber	25g 30g	
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Serving Suggestions: Serve with whole wheat tortilla chips, fruit and milk.



Get the products and support trusted by so many. Talk to your representative today:
Call 800.336.9876 or visit GoldKist.com