



## CHICKEN N' SPICE WITH FRITOS® ORIGINAL CORN CHIPS

**Each Serving Provides:**

**2 oz. Meat/MA** (2 oz. chicken)  
**1 c. Vegetables**  
 ½ c. **Legumes** (1/2 c. pinto beans)  
 ¼ c. **Other** (1/4 c. romaine + 1/8 c. salsa verde)  
 ¼ c. **Red/Orange** (1/4 c. tomatoes)  
**2 oz. eq. Grains** (1.5 oz. FRITOS® Original Corn Chips)

### Chicken n' Spice with FRITOS® Original Corn Chips

| INGREDIENT                                  | QUANTITY<br>100 servings | 1 Serving |
|---|--------------------------|-----------|
| 50 oz. cans Cream of Chicken Soup           | 2                        | 1 oz.     |
| Reduced Fat Sour Cream                      | 3 lbs. + 2 oz.           | .5 oz.    |
| USDA diced chicken (100101)                 | 12 lbs. + 8 oz.          | 2 oz.     |
| Salsa Verde or USDA Salsa (110186)          | 12 1/2 c.                | 1/8 c.    |
| <a href="#">FRITOS® Original Corn Chips</a> | 8.75 lbs                 | 1.5 oz.   |
| Diced tomatoes                              | 1 1/2 Gal. + 1 c.        | 1/4 c.    |
| Shredded Romaine                            | 1 1/2 Gal. + 1 c.        | 1/4 c.    |
| USDA canned pinto beans (100365)            | 3 Gal. + 2 c.            | 1/2 c.    |
| Cumin                                       | 1/2 c.                   | 1/4 tsp.  |
| Chili powder                                | 1/2 c.                   | 1/4 tsp.  |
| Garlic powder                               | 1/2 c.                   | 1/4 tsp.  |

**PREPARATION**

1. In a large pot over medium-high heat, add chicken soup, sour cream, diced chicken, and salsa (or salsa verde). Heat until mixture reaches 165°F, stirring occasionally.
2. Meanwhile, prepare seasoned pinto beans by mixing the pinto beans with cumin, chili powder, and garlic powder. Heat until mixture reaches 165 °F, stirring occasionally.
3. To serve, portion 1.4 oz. FRITOS® Original Corn Chips into serving bowl, and top with 1/2 cup hot chicken mixture.

4. Add 1/4 cup lettuce, and 1/4 cup tomatoes. Serve immediately with 1/2 cup seasoned beans on the side.

## Nutritional Facts Panel

| <b>Nutrition Facts</b> |       |
|------------------------|-------|
| <b>1 Serving:</b>      |       |
| Calories               | 484   |
| Saturated Fat          | 3.3g  |
| Sodium                 | 566mg |