



## 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 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