

BAKED YOGURT CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	15 g	35 g	5 g	89 mg	230 mg	81 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 BREADCRUMBS
 GARLIC POWDER
 ONION POWDER
 PAPRIKA,GROUND
 PEPPER,RED,GROUND
 GINGER,GROUND
 YOGURT,PLAIN,LOWFAT
 GARLIC POWDER
 ONION POWDER
 PEPPER,RED,GROUND
 GINGER,GROUND
 COOKING SPRAY,NONSTICK

Weight

31-1/4 lbs
 5-3/4 lbs
 5/8 oz
 1/2 oz
 1/2 oz
 1/4 oz
 1/8 oz
 4-1/3 lbs
 5/8 oz
 1/2 oz
 1/4 oz
 1/8 oz
 1 oz

Measure

1 gal 2 qts
 2 tbsp
 2 tbsp
 2 tbsp
 1 tbsp
 1/4 tsp
 2 qts
 2 tbsp
 2 tbsp
 1 tbsp
 1/4 tsp
 2 tbsp

Issue**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Combine bread crumbs, garlic powder, onion powder, paprika, red pepper and ginger; mix well. Set aside for use in Step 4.
- 3 Combine yogurt, garlic powder, onion powder, red pepper and ginger in shallow pan; mix well.
- 4 Dip chicken in yogurt mixture, then in crumb mixture; shake off excess.
- 5 Place chicken breasts 1 inch apart on each lightly sprayed sheet pan.
- 6 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Transfer and shingle chicken in steam table pans with bottom side up. CCP: Hold for service at 140 F. or higher.