

BAYOU CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	3 g	32 g	4 g	88 mg	435 mg	27 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 JUICE,LEMON
 SEASONING,CAJUN
 HOT SAUCE
 COOKING SPRAY,NONSTICK

Weight

31-1/4 lbs
 2-2/3 lbs
 10-2/3 oz
 1-1/2 lbs
 2 oz

Measure

1 qts 1 cup
 2 cup
 3 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Wash chicken breasts thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Combine lemon juice, hot pepper sauce and cajun seasoning. Stir until well blended.
- 3 Pour 1 quart marinade over chicken breasts in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Place 25 chicken breasts on each sheet pan. Lightly spray breasts with non-stick cooking spray. Pour 1 quart marinade over chicken breasts in each pan; cover. Discard any remaining marinade.
- 5 Using a convection oven, bake 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.