Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RECIPE:** Chicken Pita Pocket

**Servings:** 2 people

**INGREDIENTS:**

½ Chicken breast sliced or

 Extra firm tofu, pressed and cubed

MARINADE:

30mL Soya Sauce

15mL Oil

15mL Brown Sugar

2.5mL ground mustard

2.5mL ground ginger

1mL garlic powder

30mL Caesar dressing

 1 ½ Bacon slices

1/6 head of Romaine

1 pita, cut into 2

HOMEMADE DRESSING

15mL Mayo

15mL Oil

8mL Parmesan

3mL White wine vinegar

2.5mL Dijon mustard

1mL minced garlic

0.5mL Worcestershire

0.5mL pepper

**DAY ONE**

1. Mix all ingredients for marinade in a small mixing bowl.
2. Slice chicken or cube firm tofu then coat with the marinade. Place chicken or tofu and marinade in the Ziploc bag provided by teacher. Label and place in fridge

**\*REMINDER**

- Throw marinade and Ziploc bag away

Bring frying pan to front for bacon

-Bacon is cooked when it shrinks and most of the white disappears

- Wash romaine with cool water + vinegar

**DAY** **TWO**

1. Cook bacon in frying pan on medium heat. Once cooked, crumble when cooled, then set aside.
2. Wash, dry and tear romaine lettuce. Set aside.
3. Sauté chicken or tofu in frying pan with bacon grease on medium heat. Cook chicken until there are no pink juices in the center or cook tofu until all sides are golden and crispy. \* *If you have chosen to skip the bacon then place approximately 10mL of oil in the pan*.
4. Assemble Salad: Toss romaine, bacon bits, and dressing together. Fill pita halves with salad and top with cooked chicken.

With raw meat, be careful to **avoid cross-contamination**.

* Place chicken with marinade on the bottom shelf in fridge
* Keep raw chicken away from food that is not getting cooked – ex: romaine
* Throw leftover marinade away in bag. Marinades that have been in contact with raw meat are only safe to use if they are boiled for a minimum of 1 minute
* Wash hands after contact with raw chicken, marinade and the Ziploc bag.
* Cook until all pink juices are gone to ensure that Salmonella bacteria are destroyed
* Sanitize counters and wash dishes with vinegar and hot soapy water



PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment:

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUESTIONS:** Reference: Iron and Vitamin C Handouts

1. Iron is an important mineral that the body uses to make blood cells. What is the role of blood cells in the body?

2. Individuals that do not have enough iron in their diet can experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Teen girls need about \_\_\_\_\_\_\_\_\_\_ a day which is \_\_\_\_\_\_\_\_\_\_\_ than teen boys. Both teen girls and boys that are vegetarians have to eat \_\_\_\_\_\_\_\_\_\_\_\_ as non-vegetarians because iron from plant sources is harder to digest.

3. Iron is found in a variety of foods. Animal foods provide a type of iron called \_\_\_\_\_\_\_\_\_ iron that is \_\_\_\_\_\_\_\_\_ absorbed in the body. \_\_\_\_\_\_\_\_\_\_ foods provide a type of iron called non-heme iron that is harder for the body to digest. Absorption of non heme iron is improved when foods rich with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are eaten at the same time.

4. The heme iron source(s) in this recipe is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the non heme food source is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The vitamin C in this meal comes from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Vitamin C does more than help absorb Vitamin C in the body. List 4 other jobs it is responsible for.

6. Explain why a fresh pear is better than canned pears for getting Vitamin C

7. Fat soluble vitamins (Vitamin ADEK) can build up in the liver and make us sick. Explain why eating large amounts of Vitamin C will not have the same effect on the body.

Some brands of firm tofu, that are vacuum packed, may not need pressing. If you're not sure, dab the surface with a clean tea towel and see if it picks up moisture. If it's dry then it's fine to use without pressing.

