

D-54 Chicken Alfredo With a Twist

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 4-5 GFS	4 Pound		413360
SOUP CRM OF CHIX 12-5 HLTHYREQ	2 #5 CAN		695513
1 % White Milk	1 1/2 Quart		
SPICE PEPR BLK REG GRIND 16Z TRDE	2 Teaspoon		225037
SPICE GARLIC GRANULATED 7.25 TRDE	1 Teaspoon		514047
CHEESE PARM GRTD 4-5 PG	1 1/2 Quart		445401
CHIX PULLED WHT & DRK BLND 2-5 TYS	6 1/2 Pound	UNSPECIFIED Not Currently Available	467802
BROTH CHIX 12-5 COLLEGE INN	1 #5 CAN		264865

Preparation Instructions

Directions:

Pour into steam table pans (12 x 20 x 4). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Critical Control Point: Hold pasta at 135 °F or higher

Heat water to a rolling boil.

Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.

Combine soup, milk, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Combine noodles and sauce immediately before serving.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

1: Our Story

2: Located in southwest Ohio, Van Buren Middle School
 3: is a proud member of the Kettering City School Family.
 4: Out of the nine recipes developed for testing, two were
 5: submitted to the
 6: Recipes for Healthy Kids
 7: Competition,
 8: and the Chicken Alfredo With a Twist recipe proved to
 9: be a winner!
 10: This recipe saves on fat and calories by using fat-free half
 11: and half, and boosts the fiber content by incorporating
 12: whole grains. Whole-wheat rotini noodles are used to
 13: replace traditional fettuccini noodles. These twists make
 14: this a healthy alternative to the classic chicken alfredo.
 15: Pair a serving with a refreshing vegetable side dish to give
 16: your kids a meal that is sure to please!
 17: Van Buren Middle School
 18: Kettering, Ohio
 19: School Team Members
 20: School Nutrition Professional:
 21: Louise Easterly, LD, SNS
 22: Chef:
 23: Rachel Tilford
 24: Community Member:
 25: Mary Kozarec (School Nurse)
 26: Students:
 27: Graham B., Jonathan A., Shawnrica W., and
 28: Savannah S.
 29: Note:
 30: Keep noodles and sauce separate until serving time. Sauce will
 31: thicken upon standing.

SLE Components

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	287.22
Fat	8.73g
SaturatedFat	3.29g
Trans Fat	0.00g
Cholesterol	55.91mg
Sodium	479.02mg
Carbohydrates	31.31g
Fiber	1.28g
Sugar	2.82g

Protein	23.14g		
Vitamin A	334.26IU	Vitamin C	0.06mg
Calcium	116.06mg	Iron	1.65mg