

Cookbook for CCYC

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Table of Contents

[CHICKEN SCAMPI](#)

CHICKEN SCAMPI

Servings:	36.000	Category:	Entree
Serving Size:	8.00 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56543
School:	CCYC		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
diced chicken	96 1/8 Ounce	Thaw in frige 36-41 degrees. Use within 2 days	110530
SEASONING ITAL HRB	6 0 Teaspoon		428574
SEASONING LEMON PEPR 1-20.6Z TRDE	3 0 Teaspoon		896896
All Purpose Flour	0 Cup		
OIL SALAD VEG SOY CLR NT	12 0.023999999999999999 Teaspoon		292702
MARGARINE SLD	33 5/6 Tablespoon	DIVIDED	733061
GARLIC CHPD IN WTR	36 Teaspoon		321565
Chicken Stock 12/32oz	1 1/2 Cup		367183
SPICE PEPR RED CRUSHED	5/7 Teaspoon		430196
TOMATO 6X6 LRG	3 0 Cup		199001
SPICE PARSLEY FLAKES	15 5/6 Teaspoon		259195
LEMON JUICE 100	36 Teaspoon		311227
Cheese, parmesan, low sodium	5 1 cup, grated		43340
Water	2 1 Cup	PASTA WATER	Water

Preparation Instructions

1. Before you begin: Measure out all ingredients. Start boiling pasta water to reserve 1.5 cups for later.
2. Sprinkle chicken with salt, pepper, Italian seasoning, lemon pepper, and flour. Toss to coat.
3. Heat oil and butter (16.7 Tbsp) over medium-high heat. Add chicken and brown. Remove. CCP: Hot hold above 135°F.

4. 4. Decrease heat to medium and melt butter (16.5 tsp) in the same pan. Add garlic and cook for 1-2 minutes.
5. 5. Carefully add chicken stock and scrape the pan with a silicone spatula.
6. 6. Melt butter (25 tsp) in pot. Add chicken, red pepper flakes, and parsley. Toss. Reduce heat. Swirl in butter (100 tsp).
7. 7. Cook pasta. Reserve pasta water. CCP: Hot hold above 135°F.
8. 8. In large bowl, combine pasta water, lemon juice, and Parmesan. Whisk to combine.
9. 9. Add pasta to skillet with chicken and sauce. Toss to coat. Adjust seasoning. Garnish with diced tomatoes.

Nutrition Facts

Servings Per Recipe: 36.000

Serving Size: 8.00 ounces

Amount Per Serving	
Calories	116.62**
Fat	6.49g**
Saturated Fat	0.51g**
Trans Fat	0.00g**
Cholesterol	54.98mg**
Sodium	120.39mg**
Carbohydrates	55.55g**
Fiber	0.20g**
Total Sugar	0.12g**
Added Sugar	0.00g**
Protein	17.12g**
Vitamin A 47.49mcg**	Vitamin C 0.52mg**
Calcium 16.36mg**	Iron 0.03mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available