

Cookbook for Calhoun County Youth Center

Created by HPS Menu Planner

Table of Contents

[CHICKEN SCAMPI](#)

CHICKEN SCAMPI

Servings:	32.000	Category:	Entree
Serving Size:	8.00 ounces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56543
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
diced chicken	85 7/16 Ounce	Thaw in frige 36-41 degrees. Use within 2 days	110530
SEASONING ITAL HRB	5 1/3 Teaspoon		428574
SEASONING LEMON PEPR 1-20.6Z TRDE	2 2/3 Teaspoon		896896
All Purpose Flour	0 Cup		
OIL SALAD VEG SOY CLR NT	10 11/16 Tablespoon		292702
MARGARINE SLD	30 1/13 Tablespoon	DIVIDED	733061
GARLIC CHPD IN WTR	32 Teaspoon		321565
Chicken Stock 12/32oz	1 1/3 Cup		367183
SPICE PEPR RED CRUSHED	7/11 Teaspoon		430196
TOMATO 6X6 LRG	2 2/3 Cup		199001
SPICE PARSLEY FLAKES	14 1/12 Teaspoon		259195
LEMON JUICE 100	32 Teaspoon		311227
Cheese, parmesan, low sodium	5 5/16 cup, grated		43340
Water	2 2/3 Cup	PASTA WATER	Water
PASTA SPAGHETTI 10IN	42 9/16 Ounce		654560
BREAD GARL LOAF 16-1# GCHC	32 Slice		486841

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. 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.

Meal Components

Amount Per Serving

Amount Per Serving	
Meat/Meat Alternate	2.670
Grain	2.930
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 32.000

Serving Size: 8.00 ounces

Amount Per Serving	
Calories	399.62**
Fat	14.15g**
Saturated Fat	3.01g**
Trans Fat	0.00g**
Cholesterol	54.98mg**
Sodium	370.39mg**
Carbohydrates	103.48g**
Fiber	1.53g**
Total Sugar	2.45g**
Added Sugar	0.00g**
Protein	24.78g**
Vitamin A 47.49mcg**	Vitamin C 0.52mg**
Calcium 23.36mg**	Iron 2.23mg**

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

Nutrition - Per 100g

No 100g Conversion Available