

# Chicken Alfredo With a Twist

Component: Meat/Meat Alternate-Grains

Recipe Category: Main Dish

Recipe #D-54r

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gallons			<p>1. If starting with raw chicken, prepare according to recipe named "chicken breast for salads and dishes."</p> <p>2. Heat water to a rolling boil</p> <p>3. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.</p> <p>4. Pour into steam table pans (12" x 20" x 4"). For 50 servings, use 2 pans.</p> <p>5. Combine soup, fat free half-and-half, pepper, garlic powder, Parmesan cheese, and cooked chicken for sauce. Heat on medium heat in saucepan until hot and sauce is smooth and uniform.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds</i></p> <p>6. Combine noodles and sauce immediately before serving.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 ½ cups			
Cream of chicken soup, condensed, low-fat, reduced sodium	9 lb 6 oz	1 gal 3 cups (3 No. 3 cans)			
Fat-free half and half		3 qt			
Ground white (or black) pepper		2 tsp			
Garlic powder (adjust as needed)		1 tsp			
Parmesan cheese, grated	1 lb 1 oz	1 ½ qt			
Frozen, pre-cooked diced chicken, thawed, ¼-inch or smaller pieces for under 3 years old and ½-inch piece for 3 years old and older.	6 lb 8 oz cooked	1 gal 1 ¼ qt			
OR  Raw chicken, prepared according to recipe: "chicken for salads and dishes" and cut ¼-inch or smaller pieces for under 3 years old and ½-inch piece for 3 years old and older.		OR  50 servings			

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## Notes:

Keep noodles and sauce separate until serving time to maintain consistency of sauce.  
Sauce will thicken upon standing.  
Nutrient Information calculated using Food Processor

**Serving:** 1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat and 1¼ oz equivalent grains.

1-2 years: ½ cup

3-5 years: ¾ cup

6-18 years: 1 cup

## Nutrients Per Serving

<b>Calories</b>	345	<b>Saturated Fat</b>	3.45 g	<b>Iron</b>	1.94 mg
<b>Protein</b>	23.12 g	<b>Cholesterol</b>	54.31 mg	<b>Calcium</b>	155.13 mg
<b>Carbohydrate</b>	41.76 g	<b>Vitamin A</b>	53.34 RAE	<b>Sodium</b>	620.42 mg
<b>Total Fat</b>	9.01 g	<b>Vitamin C</b>	0.41 mg	<b>Dietary Fiber</b>	4.04 g