

Chicken Alfredo With a Twist

Meal Components: Grains, Meat / Meat Alternate

Main Dishes, D-54r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	<ol style="list-style-type: none"> 1. 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 2. Heat water to a rolling boil. 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. 4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.
Rotini pasta, whole-grain, dry	2 lb	2 qt 2 3/4 cups	4 lb	5 qt 1 1/2 cups	
Low-fat, reduced-sodium cream of chicken soup, condensed	4 lb 11 oz	2 qt 1 3/8 cups (1 1/2 No. 3 cans)	9 lb 6 oz	1 gal 3/4 qt (3 No. 3 cans)	
Fat-free half and half		1 qt 2 cups		3 qt	
Ground white pepper		1 tsp		2 tsp	
Garlic powder		1/2 tsp		1 tsp	
Parmesan cheese, grated	8 1/2 oz	3 cups	1 lb 1 oz	1 1/2 qt	
Frozen, cooked diced chicken,	3 lb 4 oz	2 qt 2 1/2 cups	6 lb 8 oz	1 gal 1 1/4 qt	

5. Combine noodles and sauce immediately before serving.
6. Critical Control Point: Hold for hot service at 135 °F or higher.
7. Portion with 8 fl oz spoodle (1 cup).

Notes

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy Kids Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

Van Buren Middle School

Kettering, Ohio

School Team Members

School Nutrition Professional: Louise Easterly, LD, SNS

Chef: Rachel Tilford

Community Member: Mary Kozarec (School Nurse)

Students: Graham B., Jonathan A., Shawnrica W., and Savannah S.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

Serving	Yield	Volume
1 cup (8 fl oz spoodle) provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.	<p>25 Servings: about 13 lb</p> <p>50 Servings: about 26 lb 8 oz</p>	<p>25 Servings: about 1 gallon 2 quarts 1 steam table pan</p> <p>50 Servings: about 3 gallons 2 steam table pans</p>

Nutrients Per Serving					
Calories	345	Saturated Fat	4 g	Iron	2 mg
Protein	30 g	Cholesterol	69 mg	Calcium	174 mg
Carbohydrate	41 g	Vitamin A	450 IU	Sodium	572 mg
Total Fat	8 g	Vitamin C		Dietary Fiber	3 g