

"Old McDonald" Chicken

Makes: 14 or 56 Servings

Ingredients	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken, boneless, skinless	2 lbs		8 lbs	
Onion, diced		1 cup		4 cups
Zucchini, diced		1 cup		4 cups
Mushrooms, sliced		1 cup		4 cups
Garlic, minced		1 clove		4 cloves
Tomatoes, canned, chopped		1-1/2 cups		6 cups
Parsley		2 Tbsp		1/2 cup
Black pepper		1 Tbsp		1/4 cup
Basil leaves, dried		1 Tbsp		1/4 cup

Nutrition Information

Nutrients	Amount
Calories	85
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	38 mg
Sodium	92 mg
Total Carbohydrate	1 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Heat oil in large pan.
2. Sauté chicken 3 minutes on each side.
3. Add onions, zucchini and mushrooms.
4. Cook for another 10 minutes, stirring occasionally.
5. Add garlic and allow to cook 1 minute.
6. Add tomatoes with juice to chicken and vegetables.
7. Add parsley, basil and black pepper.
8. Allow to simmer until chicken is no longer pink, about 20 minutes or more.

Notes

Serving Tips:

This dish can also be made in a crock-pot or slow cooker. Put all the vegetables in the pot and allow to simmer on low for the day.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware. Recipe adapted from New Hampshire Obesity Prevention Program. Fruit and Vegetable Quantity Recipe Cookbook. New Hampshire Department of Health and Human Services.