

# Chicken or Turkey and Noodles - USDA Recipe D170

Meal Components: Vegetable - Dark Green, Grains, Meat / Meat Alternate

D17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		2 gal		4 gal	1. Heat chicken broth to a rolling boil.
Whole-grain spaghetti noodles	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
*Fresh onions, diced 1/4"	14 oz	2 2/3 cups	1 lb 12 oz	1 qt 1 1/3 cups	3. Add onions and carrots. Remove from heat. Set aside for step 7.
*Fresh carrots, shredded	8 oz	2 1/2 cups	1 lb	1 qt 1 cup	
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup	4. In a medium pot, melt margarine uncovered over medium heat.
Whole-wheat flour	4 oz	1 cup	8 oz	2 cups	5. Add flour. Stir well for 1 minute.
Nonfat milk		1 qt 2 cups		3 qt	6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set

Salt		2 tsp		1 Tbsp 1 tsp	7. Add milk and flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.
Ground black pepper		1 1/2 tsp		1 Tbsp	
Dried marjoram		1 1/2 tsp		1 Tbsp	
Dried parsley		1/2 cup		1 cup	
Frozen, cooked diced chicken, thawed 1/4"	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	
Frozen, cooked diced turkey, thawed 1/4"	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	
*Fresh spinach, chopped	1 lb	1 qt 2 1/2 cups	2 lb	3 qt 1 cup	8. Fold in spinach. 9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 10. Transfer to a steam table pan (12" x 20" x 2 1/2"). 11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 8 fl oz spoodle (1 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

## Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb	2 lb
Carrots	8 oz	1 lb
Spinach	1 lb	2 lb

Serving	Yield	Volume
See Notes	<p><b>50 Servings:</b> about 28 lb</p> <p><b>100 Servings:</b> about 56 lb</p>	<p><b>50 Servings:</b> about 3 gallons 2 quarts / 2 steam table pans (12" x 20" x 2 1/2")</p> <p><b>100 Servings:</b> about 7 gallons / 4 steam table pans (12" x 20" x 2 1/2")</p>

Nutrients Per Serving					
Calories	183	Saturated Fat	1 g	Iron	1 mg
Protein	18 g	Cholesterol	38 mg	Calcium	55 mg
Carbohydrate	17 g	Vitamin A	1856 IU	Sodium	259 mg
Total Fat	5 g	Vitamin C	2 mg	Dietary Fiber	3 g