

# 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	
					<ol style="list-style-type: none"> <li>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</li> </ol>
Water		3 gal		6 gal	<ol style="list-style-type: none"> <li>2. Heat water to a rolling boil.</li> </ol>
Rotini pasta, whole-grain, dry	2 lb	2 qt 2 3/4 cups	4 lb	5 qt 1 1/2 cups	<ol style="list-style-type: none"> <li>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.</li> </ol>
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)	<ol style="list-style-type: none"> <li>4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often.</li> </ol>
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	

Frozen, cooked diced chicken,  
thawed, 1/2" pieces

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.	<b>25 Servings:</b> about 13 lb  <b>50 Servings:</b> about 26 lb 8 oz	<b>25 Servings:</b> about 1 gallon 2 quarts 1 steam table pan  <b>50 Servings:</b> about 3 gallons 2 steam table pans

Nutrients Per Serving					
Calories	344.92	Saturated Fat	3.59 g	Iron	2.34 mg
Protein	29.71 g	Cholesterol	68.68 mg	Calcium	173.98 mg
Carbohydrate	40.85 g	Vitamin A	449.55 IU	Sodium	571.55 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g