



Chicken Parmesan Pasta with Corn

This recipe was developed in partnership with National Dairy Council®, American Dairy Association North East, Syracuse City School District and American Dining Creations. Special thanks to the American Dairy Association Mideast and Cabell County Schools in West Virginia for providing support and assistance during the recipe development process.

Chicken Parmesan Pasta w/Corn

Meat/Meat Alternative

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Macaroni, elbow, enriched	3 qt. + ½ cup	<ol style="list-style-type: none"> 1. Heat pot of water until it boils. Add pasta to boiling water and cook until pasta is al dente (chewy). 2. Strain pasta and place back into pot. Add butter and stir until melted. 3. Heat chicken to 165° F or higher (CCP). 4. Add milk, yogurt, corn, peas, chicken and parmesan cheese. Stir until smooth in a steam table pan. 5. Hold at 135° F. or higher (CCP). 6. Serve in 1 cup portions.
Butter, salted	½ cup	
Chicken, cooked, diced	1 # 9 oz.	
Milk, 1% low-fat	1-½ cups	
Yogurt, low-fat, plain	1-½ cups	
Corn, sweet yellow, cooked from frozen	3-½ cups	
Peas, green, cooked from frozen	3-½ cups	
Cheese, parmesan, grated	¾ cup	
Salt	½ cup	

Notes:

Offer 1 oz. cheese stick to credit 2 oz. meat/meat alternative.

Serving:

Meets 1 oz. meat/meat alternate, 1 grain serving and ¼ cup vegetable.

Yield:

25 servings

Volume:

Nutrients Per Serving

Calories	229 kcal	Saturated Fat	2.71 g	Iron	1.53 mg
Protein	14.88 g	Cholesterol	10.63 mg	Calcium	93.24 mg
Carbohydrates	30.64 g	Vitamin A	587.94 IU	Sodium	733.44 mg
Total Fat	5.30 g	Vitamin C	3.55 mg	Dietary Fiber	2.89 g