Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-grain rotini noodles.

Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL
Kettering, Ohio

Our Story

Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. The school continually strives to be a leader in educational excellence.

The Van Buren Middle School recipe challenge team initially developed nine recipes for testing. From these recipes, five were prepared and served to approximately 500 students. Students were asked to vote for their favorite two recipes and provide comments. The team submitted two recipes to the *Recipes for Healthy Kids* Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner! The team felt that the experience was an excellent way to gain student support and to market healthy choices for the lunch menu.

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains, using whole-grain rotini instead of traditional fettuccine noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo that students will surely delight in eating.

School Team Members

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Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains **Main Dishes D-54r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		3 gal	1. Heat water to a rolling boil.
Rotini pasta, whole-grain, dry	2 lb	2 qt 2 ¾ cups	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12″ x 20″ x 4″). For 25 servings, use 1 pan. Critical Control Point: Hold pasta at 135 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	4 lb 11 oz	2 qt 1 ⅜ cups (1 ½ No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		1 qt 2 cups	
Ground white pepper		1 tsp	
Garlic powder		½ tsp	
Parmesan cheese, grated	8 ½ oz	3 cups	
Frozen, cooked diced chicken, thawed, ½″ pieces	3 lb 4 oz	2 qt 2 ½ cups	
			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).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Notes

Keep noodles and sauce separate until serving time to maintain consistency of sauce. 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.	25 Servings: about 13 lb	25 Servings: about 1 gallon 2 quarts 1 steam table pan

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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 (28.74 RAE)	Sodium	571.55 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains **Main Dishes D-54r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		6 gal	1. Heat water to a rolling boil.
Rotini pasta, whole-grain, dry	4 lb	5 qt 1 ½ cups	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12″ x 20″ x 4″). For 50 servings, use 2 pans. Critical Control Point: Hold pasta at 135 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	9 lb 6 oz	1 gal ¾ qt (3 No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		3 qt	
Ground white pepper		2 tsp	
Garlic powder		1 tsp	
Parmesan cheese, grated	1 lb 1 oz	1 ½ qt	
Frozen, cooked diced chicken, thawed, ½″ pieces	6 lb 8 oz	1 gal 1 ¼ 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).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Notes

Keep noodles and sauce separate until serving time to maintain consistency of sauce. 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.	50 Servings: about 26 lb 8 oz	50 Servings: about 3 gallons 2 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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 (28.74 RAE)	Sodium	571.55 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains **Main Dishes D-54r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		12 gal	1. Heat water to a rolling boil.
Rotini pasta, whole-grain, dry	8 lb	2 gal 2 ¾ qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well. 3. Pour into steam table pans (12″ x 20″ x 4″). For 100 servings, use 4 pans. Critical Control Point: Hold pasta at 135 °F or higher.
Low-fat, reduced-sodium cream of chicken soup, condensed	18 lb 12 oz	2 gal 1 ½ qt (6 No. 3 cans)	4. Combine soup, half and half, pepper, garlic, Parmesan cheese, and chicken. Cook over medium heat for 5-10 minutes, stirring often. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Fat-free half and half		1 gal 2 qt	
Ground white pepper		1 Tbsp 1 tsp	
Garlic powder		2 tsp	
Parmesan cheese, grated	2 lb 2 oz	3 qt	
Frozen, cooked diced chicken, thawed, ½″ pieces	13 lb	2 gal 2 ½ 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).

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Chicken Alfredo With a Twist

Meal Components: Meat/Meat Alternate-Grains

Notes

Keep noodles and sauce separate until serving time to maintain consistency of sauce. 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.	100 Servings: about 51 lb	100 Servings: about 6 gallons 4 steam table pans

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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 (28.74 RAE)	Sodium	571.55 mg
Total Fat	8.16 g	Vitamin C	0.38 mg	Dietary Fiber	2.67 g