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. 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!

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.

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-wheat rotini noodles.

Chicken Alfredo With a Twist

Ingredients

2 ½ cups Rotini pasta, whole-wheat, dry (10 oz)

2 cans Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)

1 ⅓ cups Fat-free half and half

¼ tsp Ground white pepper

⅛ tsp Garlic powder

⅓ cup Grated parmesan cheese

3 cups Cooked diced chicken, ½" pieces (12 oz)

Preparation Time: 15 minutes
Cooking Time: 15 minutes
Makes six 1-cup servings

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.

2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds

3. Combine noodles and sauce right before serving. Serve hot.

Note: Keep noodles and sauce separate until serving time. Sauce will thicken upon standing.

1 cup provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.

Nutrients Per Serving: Calories **345,** Protein **30 g,** Carbohydrate **41 g,** Dietary Fiber **3 g,** Total Fat **8 g,** Saturated Fat **4 g,** Cholesterol **69 mg,** Vitamin A **450 IU (29 RAE),** Vitamin C **< 1 mg ,** Iron **2 mg,** Calcium **174 mg,** Sodium **572 mg**