



# Chicken or Turkey à la King

## USDA Recipe for CACFP

In Chicken or Turkey à la King, diced chicken or turkey is combined with vegetables and sauce and then may be served over brown rice.

### CACFP CREDITING INFORMATION

$\frac{3}{4}$  cup (6 fl oz spoodle) provides 2 oz equivalent meat and  $\frac{1}{2}$  cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	3½ oz	½ cup	7 oz	1 cup	<b>1</b> Melt margarine in a large stock pot. <b>2</b> Add flour. Stir well. <b>3</b> Add broth, milk, poultry seasoning, pepper, salt, and onion powder. Stir until blended. Bring to a boil. Reduce heat to low and simmer uncovered for 12–15 minutes. Stir frequently until thickened.
Whole-wheat flour	5 oz	1 cup 2 Tbsp	10 oz	2¼ cup	
Chicken broth, low-sodium		2 qt		1 gal	
Nonfat milk		3½ cup		1 qt 3 cup	
Poultry seasoning		$\frac{3}{4}$ tsp		1½ tsp	
Black pepper, ground		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 tsp		2 tsp	
Onion powder		2 Tbsp		¼ cup	
Chicken, frozen, cooked, diced, thawed ½" pieces	3 lb 3 oz	2 qt 3 cup	6 lb 6 oz	1 gal 1 qt 2 cup	<b>4</b> Add chicken, peas, carrots, and pimientos. Cook uncovered over medium heat for 3–5 minutes or until heated through.
OR	OR	OR	OR	OR	
Turkey, frozen, cooked, diced, thawed ½" pieces	3 lb 3 oz	2 qt 3 cup	6 lb 6 oz	1 gal 1 qt 2 cup	
Green peas, frozen, thawed, rinsed, drained	2 lb 14 oz	1 qt 3 cup	5 lb 12 oz	3 qt 2 cup	
*Fresh carrots, shredded	1 lb 2 oz	1 qt 1½ cup	2 lb 4 oz	2 qt 3 cup	
Pimientos, chopped, drained	8 oz	1 cup 2 Tbsp	1 lb	2¼ cup	
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>6</b> Transfer to a steam table pan (12" x 20" x 4").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>7</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>8</b> Portion with 6 fl oz spoodle (¾ cup).
(Optional) Cooking Rice USDA Recipe for CACFP					<b>9</b> (Optional) Serve over cooked rice. See Cooking Rice USDA Recipe for CACFP for recipe ingredients and directions.

## NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>195</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	39 mg
<b>Sodium</b>	<b>314 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
Vitamin D	16 IU
Calcium	68 mg
Iron	1 mg
Potassium	187 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 6 oz	2 lb 12 oz

## 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.

## YIELD/VOLUME

25 Servings	50 Servings
About 11 lb 2 oz	About 22 lb 4 oz
About 1 gal 1 qt 2¼ cup/1 steam table pan (12" x 20" x 4")	About 2 gal 3 qt ½ cup/2 steam table pans (12" x 20" x 4")