



Chicken Tetrazzini

USDA Recipe for CACFP

This Chicken Tetrazzini combines chicken with pasta, fresh vegetables, chicken broth, and Cajun spices.

CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup vegetable, and 0.75 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1 Heat water to a rolling boil.
Salt		1 tsp		2 tsp	2 Add salt.
Whole-grain penne pasta	1 lb 3 oz	1 qt 1 1/3 cups	2 lb 6 oz	2 qt 2 2/3 cups	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. Set aside for step 10.
Canola oil		1/4 cup		1/2 cup	4 Heat oil in a large stock pot.
*Fresh carrots, diced	8 oz	1 3/4 cups	1 lb	3 1/2 cups	5 Add carrots, celery, green peppers, mushrooms, and pimientos. Sauté uncovered over medium–high heat for 5 minutes or until tender. Set aside for step 10.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh celery, diced	4 oz	1/3 cup 1 1/2 tsp	8 oz	2/3 cup 1 Tbsp	
*Fresh green peppers, diced	2 oz	1/3 cup 2 tsp	4 oz	2/3 cup 1 Tbsp 1 tsp	
*Fresh mushrooms, sliced	10 oz	2 3/4 cups 2 Tbsp 3/4 tsp	1 lb 4 oz	1 qt 1 3/4 cups 1 1/2 tsp	
Canned pimientos, diced, drained	4 oz	1/2 cup 2 1/3 tsp	8 oz	1 cup 1 Tbsp 1 2/3 tsp (about 1/8 No. 10 can)	
Margarine, trans-fat free	4 oz	1/2 cup	8 oz	1 cup	6 Melt margarine in a medium stock pot.
Whole-wheat flour	4 oz	3/4 cup 2 Tbsp 1 tsp	8 oz	1 3/4 cups 2 tsp	7 Add flour. Heat uncovered for 5 minutes.
Nonfat milk		1 qt 2 1/2 cups		3 qt 1 cup	8 Slowly add milk. Simmer uncovered stirring frequently until mixture thickens.
Canned low-sodium tomato paste	12 oz	1 1/4 cups 2 1/4 tsp (about 1/8 No. 10 can)	1 lb 8 oz	2 1/2 cups 1 Tbsp 1 1/2 tsp (about 1/4 No. 10 can)	9 Add tomato paste, chicken broth, onions, pepper, onion powder, garlic powder, and cajun seasoning. Simmer uncovered for 5 minutes.
Low-sodium chicken broth		1 qt 1/2 cup		2 qt 1 cup	
*Fresh onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		1 tsp		2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cajun Seasoning		2 tsp		1 Tbsp 1 tsp	
Frozen, cooked diced chicken, 1/2" pieces	3 lb 2 oz	2 qt 2 3/4 cups 1 1/3 tsp	6 lb 4 oz	1 gal 1 qt 1 1/2 cups 1 Tbsp 1/3 tsp	10 Combine chicken, pasta, vegetable mixture, and tomato mixture in a large bowl. Stir well.
					11 Pour 2 gal 2 cups (about 14 lb 2 oz) chicken mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Parmesan cheese, grated	2 oz	2/3 cup 2 tsp	4 oz	1 1/3 cups 1 Tbsp 1 tsp	12 Sprinkle 2/3 cup 2 tsp (about 2 oz) cheese over each pan.
					13 Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
					14 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					15 Critical Control Point: Hold for hot service at 140 °F or higher.
					16 Portion with 8 fl oz spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	240
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	42 mg
Sodium	390 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	46 IU
Calcium	116 mg
Iron	1 mg
Potassium	111 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	5 oz	10 oz
Green bell peppers	3 oz	6 oz
Mushrooms	10 oz	1 lb 4 oz
Carrots	12 oz	1 lb 8 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 13 lb 1 oz	About 26 lb 2 oz
About 1 gal 2 qt 2 1/8 cups/1 steam table pan (12" x 20" x 2 1/2")	About 3 gal 1 qt 1/4 cup/2 steam table pans (12" x 20" x 2 1/2")

