



Chicken or Turkey and Noodles

USDA Recipe for CACFP

In this Chicken or Turkey and Noodles dish, diced chicken or turkey, spinach, carrots, spices, and broth are combined with whole-wheat noodles.

CACFP CREDITING INFORMATION

1 cup (8 fl oz spoonful) provides 2 oz equivalent meat, 1/8 cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken broth, low-sodium		1 gal		2 gal	1 Heat chicken broth to a rolling boil.
Whole-grain spaghetti noodles	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	2 Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
*Onions, fresh, diced 1/4"	7 oz	1 1/3 cups	14 oz	2 2/3 cups	3 Add onions and carrots. Remove from heat. Set aside for step 7.
*Carrots, fresh, shredded	4 oz	1 1/4 cups	8 oz	2 1/2 cups	
Margarine, trans-fat free	2 oz	1/4 cup	4 oz	1/2 cup	4 In a medium pot, melt margarine uncovered over medium heat.
Whole-wheat flour	2 oz	1/2 cup	4 oz	1 cup	5 Add flour. Stir well for 1 minute.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonfat milk		3 cups		1 qt 2 cups	6 Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
Salt		1 tsp		2 tsp	7 Add milk and flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.
Black pepper, ground		¾ tsp		1½ tsp	
Marjoram, dried		¾ tsp		1½ tsp	
Parsley, dried		¼ cup		½ cup	
Chicken, frozen, cooked, diced, thawed ¼"	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	
OR					
Turkey, frozen, cooked, diced, thawed ¼"	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	
*Spinach, fresh, chopped	8 oz	3¼ cups	1 lb	1 qt 2½ cups	8 Fold in spinach.
					9 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					10 Transfer to a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pans. For 50 servings, use 2 pans.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Portion with 8 fl oz spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	183
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	38 mg
Sodium	259 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	14 IU
Calcium	55 mg
Iron	1 mg
Potassium	130 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Carrots	4 oz	8 oz
Spinach	8 oz	1 lb

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 14 lb About 1 gal 3 qt/1 steam table pan (12" x 20" x 2½")	About 28 lb About 3 gal 2 qt/2 steam table pans (12" x 20" x 2½")

