



# Chicken Tetrazzini

## USDA Recipe for Schools

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

### NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, ⅛ cup other vegetable, and 0.75 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	<b>1</b> Heat water to a rolling boil.
Salt		2 tsp		1 Tbsp 1 tsp	<b>2</b> Add salt.
Whole-grain penne pasta	2 lb 6 oz	2 qt 2⅔ cups	4 lb 12 oz	1 gal 1 qt 1⅓ cups	<b>3</b> 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		½ cup		1 cup	<b>4</b> Heat oil in a large stock pot.
*Fresh carrots, diced	1 lb	3½ cups	2 lb	1 qt 3 cups	<b>5</b> 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	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh celery, diced	8 oz	$\frac{2}{3}$ cup 1 Tbsp	1 lb	1 $\frac{1}{3}$ cups 2 Tbsp	
*Fresh green peppers, diced	4 oz	$\frac{2}{3}$ cup 1 Tbsp 1 tsp	8 oz	1 $\frac{1}{3}$ cups 2 Tbsp 2 tsp	
*Fresh mushrooms, sliced	1 lb 4 oz	1 qt 1 $\frac{3}{4}$ cups 1 $\frac{1}{2}$ tsp	2 lb 8 oz	2 qt 3 $\frac{1}{2}$ cups 1 Tbsp	
Canned pimientos, diced, drained	8 oz	1 cup 1 Tbsp 1 $\frac{2}{3}$ tsp (about $\frac{1}{8}$ No. 10 can)	1 lb	2 cups 3 Tbsp $\frac{1}{3}$ tsp (about $\frac{1}{4}$ No. 10 can)	
Margarine, trans-fat free	8 oz	1 cup	1 lb	2 cups	<b>6</b> Melt margarine in a medium stock pot.
Whole-wheat flour	8 oz	1 $\frac{3}{4}$ cups 2 tsp	1 lb	3 $\frac{1}{2}$ cups 1 Tbsp 1 tsp	<b>7</b> Add flour. Heat uncovered for 5 minutes.
Nonfat milk		3 qt 1 cup		1 gal 2 qt 2 cups	<b>8</b> Slowly add milk. Simmer uncovered stirring frequently until mixture thickens.
Canned low-sodium tomato paste	1 lb 8 oz	2 $\frac{1}{2}$ cups 1 Tbsp 1 $\frac{1}{2}$ tsp (about $\frac{1}{4}$ No. 10 can)	3 lb	1 qt 1 cup 3 Tbsp (about $\frac{1}{2}$ No. 10 can)	<b>9</b> Add tomato paste, chicken broth, onions, pepper, onion powder, garlic powder, and cajun seasoning. Simmer uncovered for 5 minutes.
Low-sodium chicken broth		2 qt 1 cup		1 gal 2 cups	
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 $\frac{1}{4}$ cups	
Ground black or white pepper		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Garlic powder		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Cajun Seasoning		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Frozen, cooked diced chicken, ½" pieces	6 lb 4 oz	1 gal 1 qt 1½ cups 1 Tbsp ⅓ tsp	12 lb 8 oz	2 gal 2 qt 3 cups 2 Tbsp ⅔ tsp	<b>10</b> Combine chicken, pasta, vegetable mixture, and tomato mixture in a large bowl. Stir well.
					<b>11</b> Pour 2 gal 2 cups (about 14 lb 2 oz) chicken mixture into a steam table pan (12" x 20" x 2½").  For 50 servings, use 2 pan. For 100 servings, use 4 pans.
Parmesan cheese, grated	4 oz	1½ cups 1 Tbsp 1 tsp	8 oz	2⅔ cups 2 Tbsp 2 tsp	<b>12</b> Sprinkle ⅔ cup 2 tsp (about 2 oz) cheese over each pan.
					<b>13</b> Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
					<b>14</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>15</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>16</b> Portion with 8 fl oz spoodle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>240</b>
<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	2 g
Cholesterol	42 mg
<b>Sodium</b>	<b>390 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>19 g</b>
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**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Mature onions	1 lb 4 oz	2 lb 8 oz
Celery	10 oz	1 lb 4 oz
Green bell peppers	6 oz	12 oz
Mushrooms	1 lb 4 oz	2 lb 8 oz
Carrots	1 lb 8 oz	3 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**

<b>50 Servings</b>	<b>100 Servings</b>
About 26 lb 2 oz	About 52 lb 4 oz
About 3 gal 1 qt ¼ cup/2 steam table pans (12" x 20" x 2½")	About 6 gal 2 qt ½ cup/4 steam table pans (12" x 20" x 2½")

