



## Flavorful Chicken Mushroom Parmesan

A ground chicken mushroom patty over spaghetti marinara.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training  
 Grant for School Meal Recipe Development  
 Pennsylvania Department of Education

**Preparation Time:** 1 hour

**Cook Time:** 30 minutes

**NSLP/SBP crediting information:**

$\frac{3}{4}$  cup pasta and 1 patty provide 1 oz equivalent meats/meat alternates,  
 $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{2}$  cup other vegetable, 1  $\frac{1}{2}$  oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	<b>1.</b> Heat water to boiling in a large pot. Add pasta. Cook until al dente, according to package directions. Drain well. Set aside.
Spaghetti, whole grain	5 lb	2 gal 2 qt	10 lb	5 gal	
*Mushrooms, button, whole	7 lb 8 oz	2 gal 3 qt 1 cup	15 lb	5 gal 2 qt 2 cups	<b>2.</b> Dice mushrooms. Add mushrooms and canola oil to a rondeaux or large sauté pan and sweat for 10-15 minutes over medium-low heat. Set aside. For 50 servings, use 3 fl oz of canola oil. For 100 servings, use 6 fl oz of canola oil.
Canola oil, separated		4 $\frac{1}{2}$ fl oz		9 fl oz	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Chives, fresh	2 oz	1 cup	4 oz	2 cups	<b>3.</b> Chop chives. Set aside.
Chicken breast, ground	4 lb 9 oz	2 qt 1 cup	9 lb 2 oz	1 gal 2 cups	
Kosher salt		1 Tbsp		2 Tbsp	<b>4.</b> Mix chicken, cooked mushrooms, kosher salt, pepper, chives, Parmesan cheese, and eggs in a large mixing bowl. For 50 serving, use 1 cup of Parmesan cheese. For 100 servings, use 2 cups of Parmesan cheese.
Black pepper, ground		1 tsp		2 tsp	
Parmesan cheese, grated, separated	10 ¼ oz	2 cups 2 tsp	1 lb 4 ½ oz	1 qt 1 Tbsp 1 tsp	<b>5.</b> Preheat oven to 350 °F. For 50 servings, line 2 full sheet pans with parchment paper. For 100 servings, line 4 full sheet pans with parchment paper.  <b>6.</b> Using a scoop, portion meat mixture into 3 oz patties. Place 5 rows of 5 patties on each sheet pan. Bake for 25-30 minutes until an internal temperature of 165 °F is reached. Remove from the oven and hot hold the patties in a hotel pan.  <b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds.
Eggs, large		5 eggs		10 eggs	
Garlic, fresh, chopped	7/10 oz	9 cloves	1 2/5 oz	18 cloves	<b>7.</b> Sauté garlic in canola oil in a large saucepan for about 3-5 minutes until light brown. For 50 servings, use 1.5 fl oz of canola oil. For 100 servings, use 3 fl oz of canola oil.
Tomatoes, diced, low sodium, canned, undrained	5 lb 8 oz	2 qt 1 ⅓ cups	11 lb	1 gal 2 ⅔ cups	
Marinara sauce, low-sodium	3 lb 1 oz	1 qt 1 cup	6 lb 2 oz	2 qt 1 ¾ cups	<b>8.</b> Add diced tomatoes to sautéed garlic and cook for 5 minutes.  <b>9.</b> Add marinara sauce to garlic and diced tomatoes and simmer for 5-10 minutes.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Basil, fresh	2 7/10 oz	50 leaves	5 2/5 oz	100 leaves	<p><b>10.</b> Add pasta to marinara sauce and heat to 165 °F or higher for at least 15 seconds.</p> <p><b>11.</b> Use a 6 fl oz spoodle (<math>\frac{3}{4}</math> cup) to portion pasta marinara on plates. Top with a chicken mushroom patty. Garnish with basil leaf and 1 tsp Parmesan cheese.</p> <p><b>Critical Control Point:</b> Hold for hot service at 140 °F or higher.</p>



# **FLAVORFUL CHICKEN MUSHROOM PARMESAN NUTRITION INFORMATION**

For ¾ cup pasta (6 fl oz spoodle) and 1 patty

## **NUTRIENTS**

**Calories** **486**

**Total Fat** **9 g**

Saturated Fat 2 g

Cholesterol 60 mg

**Sodium** **239 mg**

**Total Carbohydrate** **21 g**

Dietary Fiber 4 g

Total Sugars 4 g

Added Sugars included 0 g

**Protein** **16 g**

Vitamin A N/A

Vitamin C N/A

Vitamin D 8 IU

Calcium 71 mg

Iron 1 mg

Potassium 584 mg

N/A=data not available.

## **\*MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mushrooms	8 lb 2 oz	16 lb 4 oz
Chives	2 oz (1 cup)	4 oz (2 cups)

## **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**

50 Servings	100 Servings
About 22 lb 9 oz About 37 ½ cups pasta and marinara, 50 chicken patties	About 45 lb 2 oz About 75 cups pasta and marinara, 100 chicken patties

## **SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant