



# Creamy Chicken Pasta with Roasted Squash and Broccoli

Chicken and roasted vegetables tossed in a creamy cheese sauce.

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

**Preparation Time:** 43 minutes

**Cook Time:** 40 minutes

**NSLP/SBP crediting information:**

1 ½ cups (12 fl oz spoodle) provides 2 ¼ oz equivalent meats/meat alternates, 1 oz equivalent grains, ¼ cup dark green vegetable, ¼ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Butternut squash, fresh, whole	7 lb 8 oz		15 lb		<ol style="list-style-type: none"> <li>1. Preheat convection oven to 400 °F.</li> <li>2. Peel, seed, and dice squash to uniform size, approximately ½-inch pieces.</li> <li>3. Trim and chop broccoli to uniform size, approximately 1 ½-inch pieces.</li> <li>4. Line sheet pans with parchment paper.  For 50 servings, use two sheet pans. Place butternut squash on one sheet pan and broccoli on the other sheet pan.  For 100 servings, use four sheet pans. Place butternut squash on two sheet pans and broccoli on the other</li> </ol>
*Broccoli, fresh, untrimmed, whole	6 lb		12 lb		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					two sheet pans.
Olive oil		¾ cup		1 ½ cups	<b>5.</b> Drizzle each sheet pan with ¼ cup of olive oil and toss.
Paprika		2 Tbsp		¼ cup	<b>6.</b> For 50 servings, combine 1 Tbsp paprika, 1 Tbsp garlic powder, 1 Tbsp dried basil, 1 Tbsp black pepper, 2 Tbsp dried parsley, and 2 tsp salt in a small bowl and stir together. Sprinkle over both sheet pans and toss to coat.  For 100 servings, combine 2 Tbsp paprika, 2 Tbsp garlic powder, 2 Tbsp dried basil, 2 Tbsp black pepper, ¼ cup dried parsley, and 1 Tbsp 1 tsp salt in a small bowl and stir together. Sprinkle over both sheet pans and toss to coat.
Garlic powder		1 Tbsp		2 Tbsp	<b>7.</b> Roast butternut squash: heat convection oven to 400 °F on low fan for 25 minutes, or until tender and slightly brown on the edges.
Basil, dried		1 Tbsp		2 Tbsp	<b>8.</b> Roast broccoli: heat convection oven to 400 °F on low fan for 15 minutes, or until florets are slightly brown.
Parsley, dried		2 Tbsp		¼ cup	
Black pepper		2 Tbsp		¼ cup	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Chicken, frozen, cooked, diced	7 lb		14 lb		<b>9.</b> Place frozen diced chicken on a lined sheet pan. <b>10.</b> Bake in combi oven: 250 °F with steam/hydro for 10 minutes. <b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds.
Water		4 gal		8 gal	<b>11.</b> Heat water to a boil in a large stock pot or tilt skillet. Add pasta and cook for 8 minutes or until al dente.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>Drain well and return to pot.</p> <p>For 50 servings, toss with ¼ cup olive oil.</p> <p>For 100 servings, toss with ½ cup olive oil.</p>
Whole-grain rotini	3 lb 4 oz		6 lb 8 oz		
Skim milk		2 gal		4 gal	<p><b>12.</b> For 50 servings, add milk (reserving 4 cups), 1 Tbsp paprika, 1 Tbsp black pepper, 1 Tbsp salt, 2 Tbsp minced garlic, and 1 ½ tsp crushed red pepper (if using) to pasta. Stir well and bring to a rapid simmer.</p> <p>For 100 servings, add milk (reserving 8 cups), 2 Tbsp paprika, 2 Tbsp black pepper, 2 Tbsp salt, ¼ cup minced garlic, and 1 Tbsp crushed red pepper (if using) to pasta. Stir well and bring to a rapid simmer.</p>
Garlic, fresh, minced		2 Tbsp		¼ cup	
Crushed red pepper (optional)		1 ½ tsp		1 Tbsp	
Cornstarch		1 ¼ cup		2 ½ cups	<p><b>13.</b> Combine reserved milk and cornstarch in a bowl. Mix using a whisk until combined.</p> <p><b>14.</b> Add cornstarch mixture to pasta and stir. Simmer until thickened, scraping the bottom of the pot, about 10 minutes.</p>
Parmesan cheese, grated	8 oz	2 cups	1 lb	1 qt	<p><b>15.</b> Add butternut squash, broccoli, chicken, and Parmesan cheese to the pot. Toss until pasta is coated and thick.</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p> <p><b>16.</b> Portion with 12 fl oz spoodle (1 ½ cups).</p>



**CREAMY CHICKEN PASTA WITH ROASTED SQUASH AND BROCCOLI  
NUTRITION INFORMATION**

For 1 ½ cups (12 fl oz spoodle)

**NUTRIENTS** **AMOUNT**  
**Calories** **341**

<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	54 mg
<b>Sodium</b>	<b>449 mg</b>
<b>Total Carbohydrate</b>	<b>43 g</b>
Dietary Fiber	6 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>26 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	280 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Broccoli, fresh, untrimmed, whole	6 lb	12 lb
Butternut squash, fresh, whole	7 lb 8 oz	15 lb

<b>NOTES</b>
*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

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 29 lbs	About 58 lbs
About 4 gal 2 qt	About 9 gal

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

