



# **Buffalo Chicken Parfait**

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Main Dish

Recipe HACCP Process: #2 Same Day Service

## Ingredients

## Measure

## Directions

Fat Free Plain Yogurt	3 qt + 4 oz
Onion Powder	2 Tbsp
Garlic Powder	¼ oz
Black Pepper	½ tsp
Chives, freeze-dried	1 tsp
Dried Parsley	1 Tbsp
Cooked Chicken, diced	1 lb + 9 oz
Hot Sauce	2 oz
Celery	4 ½ lbs
Cheddar Cheese, shredded	1 lb + 9 oz

1. Mix yogurt with all spices. Set aside.
2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside.
3. Clean celery. Remove tops and cut into 6-inch sticks.
4. Using an 8-oz clear cup, layer:
  - » ½ cup ranch flavored yogurt
  - » 1 oz chicken mixture
  - » 1 oz Cheddar cheese
  - » Place 4 celery sticks in cups

## Meal Components:

1 serving provides 3 oz meat/meat alternate and ½ cup vegetable.

## Yield:

25 servings

## Nutrients Per Serving

Calories	250 kcal	Sodium	560 mg	Iron	4% DV
Total Fat	11 gm	Carbohydrates	14 gm	Calcium	30% DV
Saturated Fat	6 gm	Dietary Fiber	1 gm	Vitamin A	2% DV
Cholesterol	60 mg	Protein	27 gm	Vitamin C	15% DV

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