

# Chicken and Spinach Alfredo Pasta

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	1 lb 4 oz				<ol style="list-style-type: none"> <li>Melt margarine or butter over medium heat in large saucepan or kettle. Add garlic and sauté approximately 4 minutes.</li> <li>Add flour, nutmeg, pepper, and garlic powder to melted margarine or butter and whisk over medium heat, making a roux, approximately 9 minutes.</li> <li>Simmer 3-4 minutes.</li> <li>Add bay leaf to milk and heat to scalding (185°F) in kettle or tilt skillet at 375°F, approximately 15 minutes.</li> <li>Add roux to hot milks while stirring.</li> <li>Bring sauce to a simmer and reduce heat to 300°F.</li> <li>Remove bay leaves.</li> <li>Stir cheese into sauce until just melted.</li> <li>Stir cooked chicken and thawed, drained spinach into white sauce.</li> <li>CCP: Hold above 135°F until service.</li> <li>Cook pasta until al dente.</li> </ol>
Garlic, cloves, chopped fine	2 oz	2 Tbsp 2 tsp			
Flour	1 lb 1 ½ oz				
Nutmeg, ground		½ tsp			
White pepper		2 Tbsp 2 tsp			
Garlic powder		¼ cup			
Bay leaf		4 each			
2% milk		2 gal 3 qt			
Parmesan cheese, grated	2 lb	1 ½ qt			
Chicken, cooked, diced	11 lb 8 oz	3 gal			
Spinach, thawed and drained	8 lb	3 qt 3 cups			
Whole wheat pasta (bowtie or macaroni), uncooked	5 lb 2 oz				

					<p>11. Serve Chicken Alfredo sauce with No. 6 scoop over ½ c pasta.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>• Frozen spinach – 16 lbs food as purchased.</li> </ul>
--	--	--	--	--	--

Serving Size	1 Serving Provides	Yield
½ c pasta with No. 6 scoop Alfredo sauce	2 oz equivalent meat/meat alternate, 1/8 c of vegetables, and 1 serving of grains/breads.	100 servings

### Nutrients Per Serving

Calories	328	Vitamin A	3029 IU	Iron	3.64 mg
Protein	28 g	Vitamin C	0.9 mg	Calcium	286 mg
Carbohydrate	28 g	Dietary Fiber	3 g	Cholesterol	66 mg
Fat	13 g	% Fat	36 %	Sodium	323 mg
Saturated Fat	5 g	% Saturated Fat	14 %		