

Parmesan Chicken with Spaghetti - CACFP

General Information

| Recipe # | Category | Source |
|----------|--|--------|
| 2031564 | Lunch Entree  | Local |

Ingredients

| Name | Quantity | Quantity + 2 |
|--|--------------------------------------|--------------------|
| Vegetable oil, palm kernel | ¾ tsp. | |
| Onions, raw | 1 tbsp., 2 ⅞ tsp. chopped | |
| Garlic, raw | ¾ tsp. | |
| Furmanos; 1/15OZ Tomato Sauce - Low Sodium | 6 ⅞ oz. | |
| Redpack Tomato Paste, 111oz Can - CS of 6 | ¾ oz. | |
| Spices, pepper, black | ⅓ tsp. ground | |
| Salt, table | ⅓ tsp. | |
| Spices, oregano, dried | ¾ tsp. leaves | |
| Spices, thyme, dried | ¾ tsp. leaves | |
| Spices, basil, dried | ¾ tsp. leaves | |
| Sugars, granulated | < ⅓ tsp. | |
| Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program) | ¾ c., 1 tbsp., 1 ⅓ tsp. spaghetti | |
| Beverages, water, tap, municipal | 1 qt., 1 pt., 1 ⅓ c., ⅓ tsp. | |
| Parmesan cheese topping, fat free | ½ oz. | |
| Cheese, mozzarella, nonfat | ⅔ c., 2 ⅞ tsp. | |
| Chicken patty, frozen, cooked | shredded 3 patty | |

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Mince onions and garlic. In a large pot, add oil on medium heat and cook onions and garlic until they start to turn translucent, about 1 minute.
2. Add tomato products, herbs, salt, pepper, and sugar and simmer for 25 minutes. Adjust taste with more herbs if needed.
3. Cook spaghetti in boiling water for 7-10 minutes. Pasta should be tender but not mushy.
4. Place chicken on a sheet try or 18x13 inch tray, with parchment paper and bake in a 350 degree F oven for 15 minutes or until the internal temperature reaches 165 degrees F.
5. Remove from the oven and sprinkle with parmesan and mozzarella cheese. Place in a warmer to melt cheese (chicken should not be in warmer for more than 20 minutes before serving).
6. Mix together pasta and tomato sauce and hold hot for service. To serve, place 1/2 cup of pasta on a tray and top with 1/2 chicken breast and sauce.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross



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| Serving Size | Yield |
|--------------|-------|
| 1/2 Cup | 6.00 |

Nutrition Facts

| Serving Size 1/2 Cup (402 gm) | | |
|---|-----------------|----------------|
| Amount Per Serving | | |
| Calories | | 174.153 |
| | | % Daily Value* |
| Total Fat | 6.644 gm | 10.222% |
| Saturated Fat | 1.448 gm | 7.242% |
| Trans Fat | 0.000* gm | |
| Cholesterol | 15.794* mg | 5.265% |
| Sodium | 367.914 mg | 15.33% |
| Total Carbohydrate | 18.423 gm | 6.141% |
| Dietary Fiber | 2.291 gm | 9.166% |
| Total Sugars | 2.407 gm | |
| Includes 0.042* gm of Added Sugars | | |
| Protein | 11.856 gm | 23.712% |
| Vitamin A | 18.372* mcg RAE | 2.041% |
| Vitamin C | 2.283* mg | 3.805% |
| Vitamin D | 0.090* mcg | 0.45% |
| Calcium | 175.895 mg | 17.589% |
| Iron | 1.333 mg | 7.404% |
| Potassium | 187.418 mg | 3.988% |
| Saturated Fat % of Calories | | 7.486 % |
| Added Sugar % of Calories | | 0.096 % |
| * Indicates missing Nutrient Information. | | |
| ^ Indicates user added nutrient. | | |

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

| Component | Measurement |
|----------------------|-------------|
| Meat/Meat Alternates | 1 oz |

contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

| | |
|------------|-----------|
| Grains | 1 oz |
| Red/Orange | 0.25 cups |

Added Sugar Limitations

Not applicable.

Dates

| | |
|--------------|------------|
| Last Updated | Created |
| 01-06-2026 | 12-10-2025 |

Edit Recipe