

# Pesto Chicken Penne Pasta - CACFP

## General Information

| Recipe # | Category                                                                                       | Source |
|----------|------------------------------------------------------------------------------------------------|--------|
| 2031474  | Lunch Entree  | Local  |

## Ingredients

| Name                                                                                                                        | Quantity                            | Quantity<br>+<br>2 |
|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------|
| Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928                                          | 6 1/8 oz.                           |                    |
| Oil, olive, salad or cooking                                                                                                | 3/8 tsp.                            |                    |
| Spices, Italian Seasoning, 28oz, 1.75#, Monarch 207250                                                                      | 3/4 tsp.                            |                    |
| Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program) | 1 1/2 c., 1 tbsp. penne             |                    |
| Basil, fresh                                                                                                                | 1/3 c., 2 tbsp., 1 1/2 tsp. chopped |                    |
| Garlic, raw                                                                                                                 | 1 1/2 tsp.                          |                    |
| Parmesan cheese topping, fat free                                                                                           | 2 tbsp., 2 2/3 tsp.                 |                    |
| Oil, olive, salad or cooking                                                                                                | 1 tbsp.                             |                    |
| Lemon juice, raw                                                                                                            | 1 1/2 tsp.                          |                    |
| Salt, table                                                                                                                 | < 1/8 tsp.                          |                    |
| Spices, pepper, black                                                                                                       | < 1/8 tsp. ground                   |                    |
| Beverages, water, tap, municipal                                                                                            | 1 tbsp., 2 7/8 tsp.                 |                    |
| Spinach, raw                                                                                                                | 1 tbsp., 2 7/8 tsp.                 |                    |

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Toss chicken with Italian seasoning and let sit for an hour in the refrigerator. Re-toss the thawed chicken after marinating.
2. Cook the pasta al dente. Cool slightly without too much rinsing.
3. To make pesto sauce, blend basil, garlic, parmesan, salt, pepper, water, spinach and oil for 90 seconds. Scrape and blend again for 15 seconds. Add the lemon juice.
4. Heat the chicken until the internal temperature reaches 165 degrees F. Add 1 cups of pesto to the chicken.
5. Heat noodles and add remaining pesto. Combine chicken and noodles. Hold hot for service. To serve, use 4 oz spoodle.

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 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.



## Pesto Chicken Penne Pasta - CACFP

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

## Nutrition Facts

| Serving Size 1/2 Cup (69 gm)        |                 |                |
|-------------------------------------|-----------------|----------------|
| Amount Per Serving                  |                 |                |
| Calories                            |                 | 163.095        |
|                                     |                 | % Daily Value* |
| Total Fat                           | 4.588 gm        | 7.058%         |
| Saturated Fat                       | 0.838 gm        | 4.188%         |
| Trans Fat                           | 0.000* gm       |                |
| Cholesterol                         | 17.692* mg      | 5.897%         |
| Sodium                              | 94.340 mg       | 3.931%         |
| Total Carbohydrate                  | 19.845 gm       | 6.615%         |
| Dietary Fiber                       | 2.882 gm        | 11.529%        |
| Total Sugars                        | 0.630 gm        |                |
| Includes 0.000 * gm of Added Sugars |                 |                |
| Protein                             | 10.935 gm       | 21.87%         |
| Vitamin A                           | 12.735* mcg RAE | 1.415%         |
| Vitamin C                           | 1.463* mg       | 2.439%         |
| Vitamin D                           | 0.000* mcg      |                |
| Calcium                             | 37.002 mg       | 3.7%           |
| Iron                                | 1.459 mg        | 8.105%         |
| Potassium                           | 275.903 mg      | 5.87%          |
| Saturated Fat % of Calories         |                 | 4.622 %        |
| Added Sugar % of Calories           |                 | 0.000 %        |

\* 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        |

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.

Dates

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

Grains1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Tyson Foods, Inc. 🇺🇸

US Foods 🇺🇸

Edit Recipe