



Chicken or Turkey Noodles

Chicken or Turkey Noodles is an easy casserole full of chicken, whole grain spaghetti, spinach, and bell peppers in a light creamy sauce.

CACFP Adult Portion Crediting Information

1 ½ cups (8 oz spoodle and 4 oz spoodle) provides ½ cup vegetable (⅓ cup dark green vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable), 2 oz equivalent meats, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		1 gal 2 cups		2 gal 1 qt	<ol style="list-style-type: none"> Heat chicken broth to a rolling boil. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
Whole-grain spaghetti noodles	1 lb 15 oz	1 qt 2 cups	3 lb 14 oz	3 qt	
*Fresh onions, diced ¼"	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	<ol style="list-style-type: none"> Add onions and carrots. Remove from heat. Set aside for step 7.
*Fresh carrots, shredded	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups	
Margarine, trans fat-free	2 oz	¼ cup	4 oz	½ cup	<ol style="list-style-type: none"> In a medium stockpot, melt margarine uncovered over medium heat. Add flour. Stir well for 1 minute.
Whole-wheat flour	2 oz	½ cup	4 oz	1 cup	
*Fresh bell pepper, chopped	2 lb 4 oz	2 qt 3 cups	4 lb 8 oz	1 gal 1 qt 2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonfat milk		3 cups		1 qt 2 cups	6 Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat.
Salt		1 ½ tsp		1 Tbsp	7 Add flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta mixture. Heat uncovered over medium heat for 3 minutes. Stir until thickened.
Ground black pepper		¾ tsp		1 ½ tsp	
Dried marjoram		¾ tsp		1 ½ tsp	
Dried parsley		¼ cup		½ cup	
*Fresh spinach, chopped	2 lb	2 gal	4 lb	4 gal	8 Fold in spinach over medium heat for 3 minutes.
Frozen, cooked diced chicken, thawed ¼"	3 lb 3 oz	3 qt 1 cup	6 lb 6 oz	1 gal 2 qt 2 cups	9 Critical Control Point: Heat to 165° F or higher for at least 15 seconds.
					10 Transfer to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Serve 1 ½ cups (portion with 8 oz spoodle and 4 oz spoodle).

NUTRITION INFORMATION

For 1 ½ cup (8 oz and 4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	318
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Total Fat	7 g
Saturated Fat	2 g
Cholesterol	82 mg
Sodium	347 mg
Total Carbohydrate	39 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	24 g
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Vitamin A	498 mcg RAE
Vitamin C	35 mg
Vitamin D	27 IU
Calcium	117 mg
Iron	4 mg
Potassium	721 mg
N/A=no data available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	2 lb 9 oz	5 lb 2 oz
Fresh carrots	2 lb 7 oz	4 lb 14 oz
Fresh bell pepper	3 lb 1 oz	6 lb 2 oz
Fresh spinach	1 lb 15 oz	3 lb 14 oz

NOTES

*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.

YIELD/VOLUME

25 Servings	50 Servings
About 19 lb 2 oz	About 38 lb 4 oz
About 2 gal 3 qt/1 steam table pan (12" x 20" x 2 ½").	About 5 gal 2 qt/2 steam table pans (12" x 20" x 2 ½").

SOURCE:

CACFP Adult Portion Recipe Project

