

Recipe Name: Angel Hair Pasta with Chicken

Recipe Category: Side Dish

Portion Size: 1 1/3 cup

Ingredients: Yields: 8 servings

Ingredients	Notes:
1-pound package of angel hair pasta	May use whole grain.
2 tablespoons oil	
1-pound chicken breast diced	
1 large zucchini	Washed, halved and sliced
1 large red bell pepper	Washed, halved and sliced
1 teaspoon garlic powder	
1 tablespoon basil	
½ cup reduced fat parmesan cheese	Shredded
2 large tomatoes	Washed, trimmed and chopped

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Cook pasta according to directions on package. Drain.	Cook until internal temperature reaches 135°F.
2	In a large pan saucepan, heat oil until hot. Cook chicken until no longer pink inside. Turning chicken once. Remove chicken from pan and keep warm.	Cook until internal temperature reaches 165°F.
3	Add zucchini, bell peppers and garlic. Cook until slightly tender, about 3 minutes.	
4	Add tomatoes and basil; mix well.	
5	Cook for 5 minutes.	
6	Toss vegetables with pasta. Garnish with parmesan cheese. Serve hot.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½” (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to cooking. Tip: For pasta, use a pasta size not bigger than ½” inch particle size. Moisten with broth as needed.

Chopped: **Food particle size ¼ “ (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to cooking. Tip: For pasta, use a pasta size not bigger than ¼” inch particle size. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8” (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to cooking. Moisten with broth as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Puree foods while still hot. Appearance should be smooth like pudding. Serve ½ cup serving puree pasta, puree 1/3 cup meat and ½ cup puree vegetables separately.

Therapeutic Modified Diets:

Lowfat: No changes needed.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed.

Bland/Anti Reflux: Omit garlic, bell pepper and tomatoes.

Liberal House Renal: Omit cheese and tomatoes.

No Added Salt: No changes needed.

2 Gram Sodium: Omit cheese.

Gluten Free: Use GF angel hair pasta. Prepare separately to prevent cross contamination

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free