

Recipe Name: Angel Hair Pasta with Chicken

Recipe Category: Side Dish

Portion Size: 1 1/3 cup

Ingredients: Yields: 50 servings

| Ingredients | Notes: |
|--------------------------------------|-----------------------------|
| 6 pounds package of angel hair pasta | May use whole grain. |
| 3/4 cup oil | |
| 6-7 pounds EP chicken breast diced | |
| 1 quart zucchini | Washed, halved and sliced |
| 3 cups red bell pepper | Washed, halved and sliced |
| 2 tablespoons garlic powder | |
| 1/3 cup dried basil | |
| 3 cups reduced fat parmesan cheese | Shredded |
| 2 quarts 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 1/2"** (~width of standard fork) Food must be moist. Cut foods with a knife to a 1/2" particle size prior to cooking. Tip: For pasta, use a pasta size not bigger than 1/2" inch particle size. Moisten with broth as needed.

Chopped: **Food particle size 1/4 "** (~ 1/2 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 1/4" 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 1/2 cup serving puree pasta, puree 1/3 cup meat and 1/2 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