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CHICKEN OR TURKEY AND NOODLES USDA

SERVINGS: 50 CALORIES: 183 KCAL

This quick, creamy chicken or turkey noodle recipe is a childhood favorite! With mixed vegetables throughout, each bite is full of flavor!

INGREDIENTS

2 gallons Chicken stock, non-MSG
 3 pounds 2 ounces Whole-grain spaghetti noodles
 14 ounces Fresh onions, chopped (or 2-1/2 ounces dehydrated onions)
 8 ounces Fresh carrots, shredded
 4 ounces Margarine or butter
 4 ounces Whole-wheat flour
 1 quart 2 cups Nonfat milk
 1-1/2 teaspoon Ground black or white pepper
 2 teaspoons Salt
 1-1/2 teaspoon Dried marjoram
 1/2 cup Dried parsley
 6 pounds 6 ounces Cooked chicken or turkey chopped
 1 pound Fresh spinach, chopped

INSTRUCTIONS

1. Heat chicken broth to a rolling boil
2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK OR DRAIN.
3. Add onions and carrots. Remove from heat. Set aside for step 7.
4. In a medium pot, melt margarine uncovered over medium heat.
5. Add flour. Stir well for 1 minute.
6. Add milk. Stir frequently until smooth and free of lumps. Bring to a boil. Remove from heat. Set aside for step 7.
7. Add milk and flour mixture, salt, pepper, marjoram, parsley, and chicken to pasta and vegetables. Heat uncovered over medium high heat for 3 minutes. Stir until thickened.
8. Fold in spinach.
9. Transfer to a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans.
10. Portion with 8 fl oz spoodle (1 cup).

RECIPE NOTES

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

CCP: Hold for hot service at 135° F or higher.

Crediting: 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 oz grain equivalent.

NUTRITION FACTS PER SERVING (1CUP)

Calories: 183 kcal | Fat: 5 g | Saturated fat: 1 g | Cholesterol: 38 mg | Sodium: 259 mg | Carbohydrates: 17 g | Fiber: 3 g | Sugar: 3 g | Protein: 18 g | Calcium: 550 %

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.