



RC Product Code: 13440

Chicken and Roasted Redskin Potatoes

with Premium Artisan Whole Grain Breaded
Chicken Breast Fillet, Fully Cooked

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Serving Size: 1 Fillet and 1/2cup Potatoes
Yield: 100 Servings
Contribution: 2oz Meat/Meat Alternate, 1oz Grains, 1/2cup Starchy Vegetable
Smart Snack: Smart Snack Compliant



Smart Snack Artisan

Nutritional Information for 1 Serving

Portion	1 Fillet and 1/2cup potatoes	Cholesterol (mg)	58
Calories	303	Sodium (mg)	439
Total Fat (g)	10	Total Carbohydrates (g)	31
Saturated Fat (g)	3	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	22

Ingredients

Ingredients	Amount	Instructions
Premium Artisan Whole Grain Breaded Chicken Breast Fillet	30lbs	Toss 5lbs frozen potatoes with 1 1/2cup lemon butter sauce. Place on sheet pan, sprinkle 1/4cup minced parsley and 1/4cup minced dill on top of potatoes. Roast in 400° F convection oven for 45 minutes or until golden brown and crispy.
Redskin Potatoes, Frozen Quartered	25lbs	Place Chicken Fillets on sheet pan. Heat at 350° F in convection oven for 10 - 12 minutes or until product reaches an internal temperature of 165° F.
Lemon Butter Sauce (see recipe below)	1gal	Place 1 Chicken Fillet and 1/2cup potatoes on tray and serve.
Fresh Italian Parsley, Chopped	2.25oz	
Fresh Dill, Chopped	2.25oz	

Lemon Butter Sauce

Ingredients	Amount	Yield 1 Gallon
Butter, Unsalted - Divided	1lb	Melt 4oz of butter, add flour and blend. Gradually add hot water while stirring. Cook 5 minutes.
Flour, All Purpose, Enriched	8oz	When ready to serve, beat in salt and remaining butter.
Water, Hot	1gallon	When butter is melted stir in lemon juice.
Salt	2tsp	
Lemon Juice	1/2cup	

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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