



RC Product Code: 13443

Chicken and Roasted Redskin Potatoes

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Chicken Breast Fillet, Fully Cooked

www.richchicks.com

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



Smart Snack Artisan Dill Seasoned

Nutritional Information for 1 Serving

Portion	1 Fillet and 1/2cup Potatoes	Cholesterol (mg)	58
Calories	297	Sodium (mg)	540
Total Fat (g)	9.8	Total Carbohydrates (g)	30
Saturated Fat (g)	2.6	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	22

Ingredients	Amount	Instructions
Rich Chicks Rich-Fil-Yay! Dill Seasoned WG 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	
Fresh Italian Parsley (Chopped)	2.25oz	

Lemon Butter Sauce	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)	1gal	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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