



RC Product Code: 23417

# Lemon Dill Chicken and Noodles

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing, Fully Cooked

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**Serving Size:** 4 Boneless Wings and 1/2cup Noodles  
**Yield:** 100 Servings  
**Contribution:** 2oz Meat/Meat Alternate, 2oz Grain



Artisan



Dill Seasoned

## Nutritional Information for 1 Serving

<b>Portion</b>	4 chunks and 1/2cup noodles	<b>Cholesterol (mg)</b>	104
<b>Calories</b>	369	<b>Sodium (mg)</b>	568
<b>Total Fat (g)</b>	13	<b>Total Carbohydrates (g)</b>	29
<b>Saturated Fat (g)</b>	4	<b>Sugar (g)</b>	2
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	24

Ingredients	Amount	Instructions
Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast Chunk	30lbs	Place boneless wings / chunks on sheet pan. Heat at 350° F in a convection oven for 10-12 minutes or until product reaches an internal temperature of 165° F.
Enriched Medium Egg Noodles	5lbs	Cook noodles in steam jacketed kettle according to package directions.
Lemon Butter Sauce (see recipe below)	1gal	Add 1 1/2cups minced parsley and 1 1/2cups minced dill to the cooked noodles. Add the Lemon Butter Sauce to the noodles and toss lightly.
Fresh Italian Parsley (Chopped)	2.25oz	Layer boneless wings on top of 1/2cup noodles and serve.
Fresh Dill (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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