



RC Product Code: 13410

Chicken and Roasted Redskin Potatoes

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

www.richchicks.com

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



SmartSnack Artisan Spicy

Nutritional Information for 1 Serving

Portion	1 Sandwich	Cholesterol (mg)	53
Calories	411	Sodium (mg)	619
Total Fat (g)	10	Total Carbohydrates (g)	52
Saturated Fat (g)	1.5	Sugar (g)	>1
Trans Fat (g)	0	Protein (g)	24
Sugar (g)	19		

Ingredients

Amount

Instructions

Rich Chicks Artisan Spicy WG
Breaded Chicken Breast Fillet

30 lbs

Toss 5 lbs frozen potatoes with 1 1/2 cup lemon butter sauce. Place on sheet pan, sprinkle 1/4 cup minced parsley and 1/4 cup 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

25 lbs

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)

1 gal

Fresh Italian Parsley,
Chopped

2.25 oz

Fresh Dill, Chopped

2.25 oz

Lemon Butter Sauce

Amount

Yield 1 gallon

Butter, Unsalted (Divided)

1 lb

Melt 4 oz of butter, add flour and blend. Gradually add hot water while stirring. Cook 5 minutes.

Flour, All purpose (Enriched)

8 oz

When ready to serve, beat in salt and remaining butter.

Water (Hot)

1 gal

When butter is melted stir in lemon juice.

Salt

2 tsp

Lemon Juice

1/2 cup

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.

www.richchicks.com