



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



Smart Snack Artisan

## Nutritional Information for 1 Serving

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

## Ingredients

### Amount Instructions

Premium Artisan Whole Grain 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	Place 1 Chicken Fillet and 1/2 cup potatoes on tray and serve.
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.

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