



RC Product Code: 13443

Lemon Dill Chicken and Noodles

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

www.richchicks.com

Serving Size: 1 Fillet and 1/2 cup Noodles
Yield: 100 Servings
Contribution: 2 oz Meat/Meat Alternate, 2 oz Grain
Smart Snack: Smart Snack Compliant



Nutritional Information for 1 Serving

Portion	1 Fillet and 1/2 cup noodles	Cholesterol (mg)	103
Calories	367	Sodium (mg)	563
Total Fat (g)	13	Total Carbohydrates (g)	28
Saturated Fat (g)	4	Sugar (g)	1.6
Trans Fat (g)	0	Protein (g)	23

Ingredients	Amount	Instructions
Rich Chicks Rich-Fil-Yay! Dill Seasoned WG Breaded Chicken Breast Fillet	30 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.
Enriched Medium Egg Noodles	5 lbs	Cook noodles in steam jacketed kettle according to package directions.
Lemon Butter Sauce (See Recipe Below)	1 gal	Add 1 1/2 cups minced parsley and 1 1/2 cups minced dill to the cooked noodles. Add the Lemon Butter Sauce to the noodles and toss lightly.
Fresh Italian Parsley (Chopped)	2.25 oz	Layer Chicken Fillet on top of 1/2 cup noodles and serve.
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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