



RC Product Code: 23417

Lemon Dill Chicken and Noodles

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

www.richchicks.com

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



Artisan



Dill Seasoned

Nutritional Information for 1 Serving

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

| Ingredients | Amount | Instructions |
|--|---------|---|
| Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast Chunk | 30 lbs | 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 | 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 boneless wings 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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