



Tangy Chicken Parmesan



Meat/Meat Alternate

HACCP Process Category 2

USDA Foods Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Spaghetti sauce red gold 		1 gal			<ol style="list-style-type: none"> 1. Pre-heat oven to 350°. 2. Place parchment paper on sheet pans. 3. Mix spaghetti sauce, basil, oregano, parsley, minced onion, onion powder, sugar, tomatoes, garlic powder, and garlic salt to make marinara sauce. 4. Place 28 patties on each sheet pan (they may be touching). 5. Place a 1.5 oz. ladle of sauce on each patty. 6. Mix together the cheeses and set aside. 7. Bake chicken patties at 350° for 20 minutes. 8. Remove from oven and sprinkle with small amount of Mozzarella cheese and place back in the oven for 4 to 5 minutes or may put in warmer to hold and melt the cheese.
Basil, dried		2 Tbsp			
Oregano, dried		2 Tbsp			
Parsley, dried		1 Tbsp			
Onion, minced, dried		¼ cup			
Onion powder		1 Tbsp			
Sugar		½ cup			
Tomatoes, diced, low-sodium 		4 cup			
Garlic powder		2 Tbsp			
Salt, garlic		1 Tbsp			
Chicken patty, breaded. Tyson, whole grain 		100 each			

Cheese, Mozzarella, shredded 	1 ½ lb				<p>CCP: Cook to internal temp. of 135°.</p> <p>CCP: Hold at 135° or higher for hot service.</p> <p>Notes:</p> <ul style="list-style-type: none"> If using Gold Kist lightly breaded chicken patty, meets 0.5 oz eq. whole grain component
Cheese, Parmesan, grated		1 cup			

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Serving Size	1 Serving Provides	Yield
1 patty with sauce and cheese	2 oz eq. serving meat/meat alternate, 1/8 cup Red/Orange vegetable, 0.75 oz eq. whole grain	100 servings, 28 servings/pan

Nutrients Per Serving

Calories	279	Sodium	632.7mg	Vitamin A	1720 IU
Total Fat	14.71 g	Carbohydrates	21.27 g	Vitamin C	20.2 mg
Saturated Fat	2.96 g	Dietary Fiber	3.75 g	Calcium	114 mg
Trans Fat	0 g	Protein	15.77 g	Iron	2.29 mg
Cholesterol	24.8 mg	Calories from Total Fat	47.38 %	Calories from Saturated Fat	9.54 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

