



Food Service Created, Kid Approved Commodity Recipe Contest



Recipe Title: Scampi-Style Chicken with Spaghetti

Recipe Category: Main Dish

<i>Ingredients</i>	<i>Weight / Measure</i>	<i>Directions</i>
Spaghetti	80 oz (5 lb)	Boil spaghetti for 9 minutes; drain and toss lightly with oil. Keep warm. Over medium heat, stir olive oil, crushed tomatoes, garlic powder and onion powder in skillet until it reaches a slow boil. Add water to thin the sauce to desired consistency. Add lemon juice and sugar. Simmer 10 minutes. Add red pepper flakes, chicken and basil leaves. Cook until chicken reaches 160° F. Hold at 150° F. Stir in Parmesan cheese 5 minutes before serving. Serve over cooked spaghetti. Serve using spaghetti server and 3 oz solid spoodle.
Olive oil	20 oz	
Garlic powder	3 oz	
Onion powder	5 Tbsp	
Tomatoes, crushed, canned	2 #10 cans	
Water	3 quarts	
Lemon juice	1 1/2 cups	
Sugar, granulated	3 Tbsp and 1 tsp	
Pepper flakes, red, dehydrated	1 1/4 tsp	
Chicken Fajita strips	7 lb	
Basil leaves, dried	1/2 cup + 2 Tbsp	
Cheese, Parmesan, grated	1 cup	

Submitted by: Sharon Russell, Pittsfield Public Schools

Adapted from: "ReaLemon" brand lemon juice recipe for "Tomato Shrimp Scampi with Fettuccine"

Serving: 3/4 cup

Yield: 50 Servings

Volume:

Nutrients Per Serving

Calories 419	Carbohydrate 45.74g	Saturated Fat 3.43g	Vitamin A 560 IU	Iron 3.86mg	Sodium 512mg
Protein 20.85g	Total Fat 18.05g	Cholesterol 61mg	Vitamin C 15.36mg	Calcium 63.04mg	Dietary Fiber 3.20g