

CHICKEN PARMESAN

**MEAL COMPONENT CONTRIBUTION:**

2½ oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 patty**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Chicken Fillets, Grilled, #1020	100 fillets
Mayonnaise, Reduced Calorie, Bulk, #2249	3 cups
Garlic Powder, #2709	2 teaspoon
Flour, Whole Grain Rich, Blend #2013	3 pounds
Onion Powder, #2714	2 teaspoons
Cheese, Parmesan, Grated, #1304	2 cups
Pepper, Black, Ground, #2718	2 teaspoon
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Sauce, Spaghetti, No Meat, #2824	1 3/4 quarts
Cheese, Mozzarella, Shredded, #1307	3 pounds + 8 ounces

DIRECTIONS

- If the chicken filets are frozen, defrost them in the refrigerator.
CCP: Hold under refrigeration (41 degrees F or lower).
- Brush the chicken patties with low fat mayonnaise. Then set them aside.
- Combine the garlic powder, flour, onion powder, parmesan cheese, and pepper in a deep pan to coat the chicken patties.
- Line the sheet pans with a pan liner. Spray the lined pan with pan release spray.
- Coat the chicken patties with flour mixture.
- Arrange chicken patties in a single layer on the lined pans. Spray the top of the patties with food release prior to baking to help absorb the flour and promote even browning.
- To bake:
Conventional oven: 400 degrees F, 20-25 minutes.
Convection oven: 350 degrees F, 15 - 25 minutes.
Combi oven: 325 degrees F, 15 - 20 minutes on combi mode/crisp.
Bake them until they are golden brown.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove the chicken patties from the oven and garnish each patty with a small amount of spaghetti sauce (about #40 scoop for 2 chicken patties) and sprinkle with mozzarella cheese.
- Transfer the Chicken Parmesan to the steamtable pans (12 x 20" x 2½ ") for serving. Serve them immediately, or cover them and place them in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F until ready for service. Check temperature every 30 minutes.

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DIRECTIONS

10. Portion one patty for serving. Each portion provides 2½ oz. eq. of meat/meat alternate

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 4 hours.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for poultry.

NUTRIENTS PER SERVING

Calories	286	Dietary Fiber	2.00 g	Sodium	685.00 mg	Sat. Fat	4.55 g
Carbohydrates	17.10 g	Protein	18.94 g	Total Fat	15.72 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN PARMESAN

1.



Chicken patties coated with flour mixture

2.



Baked chicken patties

3.



Chicken patties topped with spaghetti sauce and being sprinkled with mozzarella cheese

4.



1 serving of Chicken Parmesan.