

Recipe Crediting Worksheet

11/16/10

Recipe Name Light Chicken Alfredo Resource used for Crediting FBG
 Servings 22 Portion Size .8 cup Yield 18 cups

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Boneless skinless chicken breast	2.5 lb	29		
Parmesan Cheese, grated	4.25 oz (1.5 cup)	4.25		
Whole Grain Fettucini Pasta, dry	22 oz			27
(4)	Recipe Total	33.25 ounces	cup(s)	27 equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u> </u> ¼ c	divide by the number of servings the recipe yields
(6)		22	divide by the number of servings the recipe yields	22
(7)	Each portion contributes	1.5 ounces	¼ cup(s)	1.2 equiv

Instructions:

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
- Round down the ounces of Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Component Contribution

X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>22</u> Servings	.8 cup Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	18 cups Recipe Yield	
		Weight	Measure
Onion	Chopped		3 small
Garlic	Minced		3 cloves
BS chicken breast	Diced	2.5 lb	
Butter			6 TBSP
Fat Free evaporated milk	Canned		3- 12 oz cans
1% milk		12 oz	1 1/2 cups
Flour			1/2 cup + 1 TBSP
Salt			1 1/2 tsp
Black pepper			3/4 tsp
Parmesan cheese	Grated	4.25 oz	1 1/2 cups
Whole grain fettuccine pasta	Dry	22 oz	

Directions:

- In a medium saucepan, heat butter over medium heat. Saute onion, garlic and chicken until chicken is no longer pink.
- Meanwhile, cook pasta in boiling water until the pasta is al dente.
- In a saucepan, stir together milk, flour, salt and pepper over low heat until smooth and thick. Continue to cook over medium low heat, stirring frequently, until the sauce is thick. Stir in Parmesan cheese and then onion/chicken mixture.
- Drain the pasta and transfer to a large bowl. Toss with sauce. Serve.

11/18/10