



Tuscan Chicken Bowl

Juicy Italian-seasoned chicken strips served atop a cold rustic Italian pasta salad with assorted garden-fresh veggies.

Servings: 10 Tuscan chicken bowls (1 per serving)

Ingredients	Amount	Amount
Tyson® Grilled Breast Strips #38350-928	25 oz.	5 C
Italian Seasoning Blend, Salt-Free		¼ C
Italian Dressing, Light	2.40 oz.	? C
Italian Pasta Salad (see recipe)	74.75 oz.	15 C
Parmesan Cheese, Shredded	1 oz.	2 Tbsp.

DIRECTIONS:

1. Mix the chicken strips, Italian seasoning blend and Italian dressing in a mixing bowl. Transfer the seasoned chicken strips to a sheet pan lined with parchment paper.
2. Heat the pan of chicken uncovered in a preheated 350°F convection oven for 14-18 minutes, or until the minimum internal temperature reaches 165°F. Cool the chicken strips under refrigeration before using.
3. To serve the Tuscan chicken bowls portion ½-cups each of the Italian pasta salad into individual serving dishes. Top each dish of pasta salad with ½-cup of the cold seasoned chicken strips, and then top each bowl with 1-teaspoon of shredded Parmesan cheese and serve. If not serving immediately hold the bowls covered under refrigeration at 38°F until ready to serve. One Tuscan Chicken Bowl per serving.

TYSON® PRODUCTS USED:

#38350-928: Tyson® Grilled Breast Strips

Italian Pasta Salad

Tuscan Chicken Bowl

Yield: 15-cups (approximately 74.75-ounces)

Ingredients	Amount	Amount
-------------	--------	--------

Whole Grain Rotini Pasta, Cooked Al Dente	44.25 oz.	10 C
Italian Dressing, Commercially Prepared	15 oz.	1¼ C
Cider Vinegar	4.50 oz.	½ C
Broccoli Florets, Fresh, Chopped	1.50 oz.	½ C
Red Tomatoes, Fresh, Washed, ¼" dice	3.75 oz.	½ C
Spinach, Fresh, Washed, De-Stemmed, Roughly Chopped	0.90 oz.	½ C
Matchstick Carrots, Chopped	1.90 oz.	7½ Tbsp.
Parmesan Cheese, Finely Shredded	1.50 oz.	5 Tbsp.
Black Olives, Sliced, Canned, Drained and Rinsed	0.75 oz.	2 ½ Tbsp.
Red Onion, Fresh, Peeled, Shaved	0.65 oz.	2 ½ Tbsp.
Italian Parsley, Fresh, Washed, De-Stemmed, Chopped	0.25 oz.	2 ½ Tbsp.
Whole Basil Leaves, Dried		1¼ tsp
Granulated Garlic		1¼ tsp
Ground Black Pepper		? tsp

DIRECTIONS:

1. Combine ALL the ingredients in a large mixing bowl and gently toss together until combined well and the ingredients are evenly coated in dressing.

SKU Number: 38350-928

CN Portion	1 piece
M/MA (oz)	2.50
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	120
Total Fat (g)	2.50
Saturated Fat (g)	0.50
Sodium (mg)	320
Carbs (g)	1
Protein (g)	22

