



Meaty Chicken Parmesan

Roasted chicken topped with an Italian-inspired meat sauce and shredded Mozzarella 'n Parmesan cheeses and layered over cooked whole-wheat pasta.

Servings: 10 servings

Ingredients	Amount
Spaghetti, whole wheat, cooked al dente	25.50 oz.
Marinara Sauce, commercially prepared	14.50 oz.
Chicken Parmesan (see recipe)	34 oz.

DIRECTIONS:

1. Heat the marinara sauce according to the manufacturer's instructions. Hold in a hot holding unit until ready to use.
2. If the whole wheat spaghetti has been cooled after cooking reheat it by quickly submerging it in simmering water. Drain the spaghetti well and combine with the heated marinara sauce. Transfer the dressed pasta to a food-safe container, cover and hold in a hot holding unit until ready to use.
3. To serve the meaty chicken parmesan arrange 4-ounces each of the dressed spaghetti pasta into serving dishes. Top the pasta with 3.4-ounces each of the chicken parmesan and serve.

TYSON[®] PRODUCTS USED:

#70387-928, Coated Made with Whole Muscle Chunks, 0.55 oz.

Chicken Parmesan

Meaty Chicken Parmesan

Yield: approximately 34 oz.

Ingredients	Amount
Coated Chicken Chunks #70387-928	15.85 oz.

Italian Meat Sauce	13.60 oz.
Mozzarella Cheese, part-skim, shredded	3.40 oz.
Parmesan Cheese, shredded	1.15 oz.

DIRECTIONS:

1. Arrange the frozen coated nuggets on a sheet pan lined with baking paper. Heat the nuggets in a preheated 350°F convection oven for 8–12 minutes, or until the minimum internal temperature reaches 135°F. Hold in a hot holding unit until ready to use.
2. While the coated nuggets are heating, heat the Italian meat sauce in a steamer, or a pot of simmering water, until the minimum internal temperature of the sauce reaches 135°F. Hold in a hot holding unit until ready to use.
3. Once the coated nuggets and Italian meat sauce are heated accordingly, arrange the coated nuggets in a half-size 2” hotel pan that has been lightly sprayed with non-stick cooking spray. Top the coated nuggets with the heated Italian meat sauce, and then top that with the shredded Mozzarella and Parmesan cheeses.
4. Cover the pan of chicken parmesan with aluminum foil. Heat the chicken parmesan in a preheated 350°F convection oven for 4–6 minutes, or just until the cheese is melted. Remove from the oven, keep covered and hold in a hot holding unit until ready to serve.

SKU Number: 70387-928

CN Portion	5 pieces
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	140
Total Fat (g)	6.00
Saturated Fat (g)	1.50
Sodium (mg)	250
Carbs (g)	3
Protein (g)	19

