

  
**THICK & EASY**

# Pureed Pasta with Chicken Alfredo





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⌚ 15 - 30 MINS

IDDSI LEVELS



## NUTRITION

**Serving Size:** About 2/3 cup meat with sauce, 1/2 cup pureed pasta

**Calories:** 390

**Total Fat:** 26g

**Saturated Fat:** 9g

**Trans Fat:** 0g

**Cholesterol:** 115mg

**Sodium:** 760mg

**Total Carb:** 19g

**Dietary Fiber:** 0g

**Total Sugars:** 2g

**Added Sugars:** 0g

**Protein:** 18g

**Vitamin D:** 0% DV

**Calcium:** 6% DV

**Iron:** 4% DV

**Potassium:** 0% DV

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>Thick &amp; Easy® Ground Chicken (IDDSI Level 5 Ready), thawed</b>	1/2 cup	1 bag (4.91 lbs.)	2 bags (4.91 lbs.)
<b>Alfredo sauce*, smooth</b>	-1/4 cup	-1 1/2 cups	-3 cups
<b>Thick &amp; Easy® Bulk Pureed Thickened Pasta Blend</b>	1/2 cup	3 cups	6 cups (1 1/2 quarts)
<b>Thick &amp; Easy® Instant Food Thickener</b>	If needed	If needed	If needed

## DIRECTIONS

1. Combine Thick & Easy® Ground Chicken with smooth Alfredo sauce and stir well.
2. Heat thoroughly to a minimum internal temperature of 165°F. (If sauce separates from meat during heating, stir well and drain any excess liquid).
3. If needed, for thickness add about 1 tsp of **Thick & Easy® Instant Food Thickener**; stir well.
4. Keep hot for service at 135°F or higher.
5. Prepare Thick & Easy® Bulk Pureed Thickened Pasta Blend per package directions and hold for service.
6. To serve: Portion 1/2 cup of pureed pasta onto serving plate\*\*.
7. Top pasta with about 2/3 cup of chicken & Alfredo sauce mixture.
8. Garnish with grated parmesan cheese, if desired.

Before serving, always test for Level 5 using IDDSI guidelines.

## RECIPE NOTES

\*Make sure sauce does not have particulates and is pureed smooth before adding to chicken.

\*\*Pasta may be served in a variety of ways:

- Portion 1/2 cup onto plate and spread evenly
- Serve straight from the bag by making a very small snip in the corner of the bag and pipe onto plate.
- Place pasta in a pastry bag with desired tip and pipe onto plate.