

# Hungry Planet® Chicken Parmesan Pasta w Spinach

Recipe group	Additional name	Diet factors	Portions	Portion size
-	Wanda White		25	13.14 oz

## 1 CHICKEN PATTY

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Chicken™	4 lb 2.67 oz		Season well-chilled Hungry Planet Chicken with the patty seasoning: salt, pepper and granulated garlic. Blend well. Pat out into 6 patties.
Spices, garlic, granulated	4 1/8 tsp	0 lb 0.52 oz	
Salt, kosher, Diamond Crystal	~ 1 tsp	0 lb 0.10 oz	
Spices, black pepper, ground	1/2 tsp	0 lb 0.04 oz	

Name of ingredient	Capacity measure	EP	Methods
2 Wheat flour, white, all-purpose, unenriched	2 1/8 qt	2 lb 6.21 oz	Blend flour and cajun seasoning and lightly dust chicken patties. Pan fry in vegetable oil until golden brown.
Seasoning, Cajun	4 1/8 tsp	0 lb 0.73 oz	

## 3 PASTA

Name of ingredient	Capacity measure	EP	Methods
Fettuccine, cooked	1 1/2 qt	2 lb 1.33 oz	Cook pasta according to package directions.

#### 4 SPINACH

Name of ingredient	Capacity measure	EP	Methods
Olive oil, extra virgin	~ 4 1/4 tbsp	0 lb 1.98 oz	In a medium skillet over medium heat olive and margarine. Add onions and garlic and saute for 3-4 minutes.
Margarine, regular, hard, soybean (hydrogenated)	~ 1 cup	0 lb 8.33 oz	
Onions, finely chopped	~ 1 pt	0 lb 9.27 oz	
Garlic clove, finely minced	~ 1 cup	0 lb 4.17 oz	

Name of ingredient	Capacity measure	EP	Methods
5 Baby spinach, chopped <i>Coarse chop</i>	3.937 gal	4 lb 2.67 oz	Add chopped spinach, season with salt and pepper. Cook until spinach is wilted around 3 minutes. Take off heat and set aside.
Spices, nutmeg, ground	2 1/8 tsp	0 lb 0.16 oz	

#### 6 SAUCE



Name of ingredient	Capacity measure	EP	Methods
Vegan cream cheese	2 pt	2 lb 1.33 oz	In a saucepot over low heat, whisk the cream cheese and vegetable broth until smooth.
Vegetable broth	~ 1 1/2 qt	3 lb 0.72 oz	

Name of ingredient	Capacity measure	EP	Methods
7 Lemon juice, raw	~ 1 cup	0 lb 8.65 oz	Add lemon juice, nutmeg, and season with salt and pepper.
Salt, kosher, Diamond Crystal	~ 2 1/8 tsp	0 lb 0.20 oz	
Spices, black pepper, ground	~ 1 tsp	0 lb 0.08 oz	

Name of ingredient	Capacity measure	EP	Methods
8 Vegan parmesan, dry, grated	~ 1 pt	0 lb 7.29 oz	When sauce is thickened and bubbly stir in the parmesan. Combine and turn off heat. Hint** If sauce gets too thick add a little more vegetable broth.

Name of ingredient	Capacity measure	EP	Methods
9			When sauce is ready combine with pasta and spinach. Serve with Hungry Planet Chicken on top.

**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 8.48 oz	0 %	20 lb 8.48 oz	0 %	20 lb 8.48 oz
Size of portion	13.14 oz		13.14 oz		13.14 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives	% of energy	Energy	Minerals	Others
<b>Fat</b>	<b>33.68 %</b>	94.50 kcal	Salt 0.24 g	
Saturated	5.06 %	395.40 kJ	Salt 0.24 %	Vitamins
Monounsaturated	13.57 %	0.40 MJ	Sodium 194.57 mg	Vitamin A 20.79 µg
Polyunsaturated	6.02 %		Phosphorus 14.18 mg	Vitamin D 0.00 µg
Trans	0.00 %		Potassium 79.69 mg	Thiamine 0.02 mg
Cholesterol	0.00 mg		Iron 0.54 mg	Riboflavin 0.01 mg
Linolenic acid	0.60 g		Calcium 13.22 mg	Niacin 0.15 mg
Alpha-linolenic acid	0.31 mg		Zinc 0.09 mg	Vitamin B6 0.01 mg
<b>Carbohydrate</b>	<b>46.68 %</b>		Magnesium 3.07 mg	Vitamin B12 0.00 µg
Sugars	0.23 g		Iodine 0.00 µg	Folic acid 0.00 µg
Sugar	0.00 g		Selenium 3.99 µg	Vitamin C 1.03 mg
Lactose	0.00 g		Copper 0.02 mg	Vitamin E 0.18 mg
<b>Fibre</b>	<b>1.95 %</b>			Vitamin K 0.46 µg
Organic acids	0.00 g			
Sugar alcohol	0.00 g			
Starch	0.00 g			Water 18.80 g
Protein	4.72 g			
Alcohol	0.00 g			