

LYONS
**THICK
& EASY®**

Pureed Pasta with Chicken Alfredo





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IDDSI LEVELS 5 6 7



INGREDIENTS

	1 Serving	6 Servings	12 Servings
THICK & EASY® Ground Chicken (IDDSI Level 5 Ready) , Thawed Item: 114402	1/2 cup	1 bag (4.9 lb)	2 bags (4.9 lb)
Alfredo sauce*, smooth	1/4 cup	1 1/2 cups	3 cups
THICK & EASY® Bulk Pureed Thickened Pasta Blend Item: 114399	1/2 cup	3 cups	6 cups
THICK & EASY® Instant Food Thickener Item: 07941	If needed	If needed	If needed

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 Carbs: 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

Nutrition calculated using creamy Alfredo sauce

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. If needed, add 1 tsp Thick & Easy® Instant Food & Beverage Thickener per directions for each serving of meat with sauce.

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 for an easy spaghetti shape
- Place pasta in a pastry bag with desired tip and pipe onto plate