



RC Product Code: 13443

# Chicken Fillet with Roasted Redskin Potatoes

With Artisan Whole Grain Breaded  
Truly Whole Muscle Chicken Slider Fillet

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**Serving Size:** 1 Fillet and 1/2 cup Potatoes  
**Yield:** 100 Servings  
**Contribution:** 2oz Meat/Meat Alternate, 1oz Grain,  
 1/2 cup Starchy Vegetable  
**Smart Snack:** Smart Snack Compliant



Smart Snack Artisan Dill Seasoned

## Nutritional Information for 1 Serving

<b>Portion</b>	1 Fillet and 1/2 cup Potatoes	<b>Cholesterol (mg)</b>	58
<b>Calories</b>	297	<b>Sodium (mg)</b>	540
<b>Total Fat (g)</b>	9.8	<b>Total Carbohydrates (g)</b>	30
<b>Saturated Fat (g)</b>	2.6	<b>Sugar (g)</b>	2
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	22

## Ingredients

## Amount

## Instructions

Rich Chicks Rich-Fil-Yay!  
Dill Seasoned WG Breaded  
Chicken Breast Fillet

30 lbs

Toss 5 lbs frozen potatoes with 1 1/2 cup lemon butter sauce. Place on sheet pan, sprinkle 1/4 cup minced parsley and 1/4 cup minced dill on top of potatoes. Roast in 400° F convection oven for 45 minutes or until golden brown and crispy.

Redskin Potatoes (Frozen Quartered)

25 lbs

Place Chicken Fillets on sheet pan. Heat at 350° F in convection oven for 10-12 minutes or until product reaches an internal temperature of 165° F.

Lemon Butter Sauce  
(See Recipe Below)

1 gal

Fresh Italian Parsley (Chopped)

2.25 oz

## Lemon Butter Sauce

## Amount

## Yield 1 gallon

Butter, Unsalted (Divided)

1 lb

Melt 4 oz of butter, add flour and blend. Gradually add hot water while stirring. Cook 5 minutes.

Flour, All purpose (Enriched)

8 oz

When ready to serve, beat in salt and remaining butter.

Water (Hot)

1 gal

When butter is melted stir in lemon juice.

Salt

2 tsp

Lemon Juice

1/2 cup

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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