

## Chicken Marsala over Spaghetti Squash



Lightened version of Chicken Marsala with spaghetti featuring LEAN CUISINE® Glazed Chicken.

Yield	(37-1/2 lbs) 150 pieces chicken 50 cups squash 120 oz sauce
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	fl oz		1 cup	Olive oil	
26	oz		2 qts	Shiitake mushrooms, fresh	roasted
26	oz		2 qts	Crimini mushrooms	roasted
26	oz		2 qts	Oyster mushroom, fresh	roasted
26	oz		2 qts	Portabella mushrooms	medium dice, roasted
64	fl oz		2 qts	Marsala	
304	oz		4 trays	<u>Stouffer's® Lean Cuisine® Glazed Chicken</u>	prepared
2	oz		1 cup	Parsley, fresh	chopped
210	oz		3 gal 2 cups	Spaghetti squash	cooked, shredded, hot

### Preparation Steps

1. In olive oil over medium high heat, sauté all varieties of mushrooms until hot. Deglaze with Marsala wine.
2. Add Glazed Chicken and sauce to mushroom sauté. Toss with parsley.
3. Place hot spaghetti squash on a serving dish. Top with Chicken Marsala.

### Chef's tip

The wild mushrooms in this recipe may be substituted 1:1 by volume with almost any mushrooms.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	292.4
Energy (KJ)	1270.9
Protein (g)	19.8
Carbohydrate, total (g)	23.7
Fats, total (g)	10.1
Sugars, total (g)	8.9
Fats, saturated (g)	1.8
Fiber, total dietary (g)	3
Sodium (mg)	452.3
Calcium (mg)	36.6
Cholesterol (mg)	42.3
Iron (mg)	2.3
Vitamin A (µg_RAE)	15.6
Vitamin C (mg)	7



## Creative Food and Beverage Solutions

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

# CHICKEN MARSALA OVER SPAGHETTI SQUASH

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

€ ☐ Marsala wine, 2 bottles

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

€ ☐ Spaghetti squash, 22 lbs

€ ☐ Wild mushroom blend, sliced 16 lbs

€ ☐ Parsley, fresh 4 oz

### > Frozen

€ €

### > Protein

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### > Dairy

### > Refrigerated

☐ LEAN CUISINE® Glazed Chicken 1 case

# CHICKEN MARSALA OVER SPAGHETTI SQUASH

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Place Marsala wine in squirt bottles
- € ☐ Place olive oil in squirt bottles
- € ☐ Split in half, seed, roast spaghetti squash at 350°F until easily pierced with a knife
- € ☐ Completely cool squash, then shred interior with a fork to make “spaghetti”
- € ☐ Oil, season, and roast mushrooms
- € ☐ Thaw 4 trays of LEAN CUISINE® Glazed Chicken under refrigeration
- € ☐ Chop parsley
- € ☐ Squirt bottle of olive oil for sautéing

### > Day of Service

- €€€ ☐ Cook glazed chicken according to package directions
- € ☐ Heat squash and season

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Heat proof spatula (2)
- € ☐ Serving spoons (3)
- € ☐ Container for holding mushrooms cold
- € ☐ Container for holding parsley cold
- € ☐ Chaffers for holding squash and glazed chicken hot (1 if you use half 4" hotel pan for each)
- € ☐ Serving spoon for chicken (3 pc) and sauce
- € ☐ Serving spoon for squash (8 oz)
- € ☐ Serving spoon (1)
- € ☐ Heatproof spatula (1)
- € ☐ Teaspoon for parsley
- € ☐ ¼ cup scoop for mushrooms

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