



Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Yogurt, plain, fat-free	3 qt. + 4 oz.	1. Mix yogurt with all spices. Set aside.
Onion powder	2 Tbsp.	2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside
Garlic, granulated	1/4 oz.	3. Clean celery. Remove tops and cut into 6 inch sticks.
Pepper, black, ground	1/2 tsp.	4. Using an 8-9 oz. clear cup, layer:
Chives, freeze-dried	1 tsp.	1/2 cup ranch flavored yogurt
Parsley, dried	1 Tbsp.	1 oz. chicken mixture
Chicken, diced, cooked	2 lbs. + 4 oz.	1 oz. Cheddar cheese
Hot sauce	2 oz.	Place 4 celery sticks into cups
Celery, raw	4-1/2 lb.	
Cheese, Cheddar, shredded	2 lbs. + 4 oz.	

Notes:

Serving:	Yield:
1 serving provides 3 oz. meat/meat alternate and 1/2 cup vegetable.	25 servings

Nutrients Per Serving					
Calories	250 kcal	Saturated Fat	6 g	Iron	4% DV
Protein	27 g	Cholesterol	60 mg	Calcium	30% DV
Carbohydrates	14 g	Vitamin A	2% DV	Sodium	560 mg
Total Fat	11 g	Vitamin C	15% DV	Dietary Fiber	1 g