



CREAMY PARMESAN CARBONARA CHICKEN

April 6

National Carbonara Day

INGREDIENTS

- 1 Pound Boneless Chicken Breast (cut into 5 even portions)
- 2 Tablespoons All-Purpose Flour
- 3 Tablespoons Parmesan Cheese

For the sauce:

- 3 Tablespoons Olive Oil
- 8 Ounces Bacon (trimmed of fat and cut into strips)
- 1 Small Onion (chopped)
- 6 Cloves Garlic
- 1½ Cups Half-and-Half
- ½ Cup Parmesan Cheese

DIRECTIONS

1. Season the chicken with salt and pepper. In a shallow bowl, combine the flour and parmesan cheese. Dredge seasoned chicken in the flour mixture; shake off excess and set aside.
2. Heat the oil in a large non stick pan. Cook the chicken portions on both sides until cooked through and no longer pink (about 4-5 minutes per side).
3. Add the bacon to the pan and cook until crispy. Drain off the fat and add the onion and garlic and cook for 1 minute.
4. Reduce heat to low and add the half-and-half and bring to a simmer. Add the parmesan and cook until the cheese has melted slightly.
5. Pour sauce over chicken portions to serve.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

5 Portions

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Portion	1 Portion	1 Portion	1 Portion