

Session 2 Outline :

Alfredo Sauce Pasta, Chicken Fingers and Caesar Salad



Alfredo Pasta Sauce

Ingredients :

- 4 ounces cream cheese
- 1/2 cup grated Parmesan Cheese
- 3/4 cup whipping cream
- 1/4 cup butter
- 1/4 teaspoon pepper
- 1/8 teaspoon garlic powder

Instructions :

1. Cut cream cheese into cubes.
2. Mix cream cheese, Parmesan cheese, cream, butter, pepper and garlic powder in medium saucepan.
3. Cook on low heat until cream cheese is melted and mixture is well blended.
4. Cook pasta according to package instructions.
5. Pour alfredo sauce over pasta.

Helpful Hints :

- Serve Alfredo Sauce over fettuccine or your favorite pasta. Sprinkle with nutmeg if desired.
- Other milk substitutes such as rice milk and almond milk may be substituted.



Preparation Time: 10 min



Cooking Time: 10 min



Servings : Makes 8 servings (1 serving = 1/4 cup)

Nutrition Information Per 1 Serving (1/4 cup)

Calories	200 kcal
Phosphorus	60 mg
Potassium	50 mg
Sodium	141 mg

Session 2 Outline :

Caesar Salad

Ingredients :

- ¼ cup 10% milk fat plain yogurt
- 1.5 tablespoon olive oil
- ¾ teaspoon garlic powder
- ¾ teaspoon onion powder
- 1 tablespoons lemon juice – juice of half lemon
- 1 tbsp grated parmesan cheese
- 1.5 teaspoon Dijon mustard
- ½ teaspoon pepper
- 1 head romaine lettuce

Instructions :

1. In a food processor or small blender, combine all ingredients until smooth.
2. Store in the refrigerator for up to 5 days in an airtight jar or container.
3. To assemble the salad, tear romaine lettuce into pieces and toss with dressing in a large bowl.

Note on separation:

Separation may occur when stored in the fridge. Use a spoon to stir together or quickly blend again to reconstruct the dressing.



Preparation Time: 5 min



Storage: Good for up to 5 days in the fridge



Yield: 16 servings of 1 tablespoon each

Nutrition Information Per 1 Serving (1 tbsp)

Calories	18 kcal
Phosphorus	3 mg
Potassium	4 mg
Sodium	18 mg

Session 2 Outline :

Chicken Tenders

Ingredients :

- 3-4 Boneless skinless chicken breasts cut into strips
- 1/4 cup all-purpose flour
- 1 egg(s)
- 1 tablespoon water
- 1 cup bread crumbs (plain) OR Panko flakes
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon black pepper

Instructions :

1. Preheat oven to 425°F. Line a cookie sheet with aluminum foil. Then spray the foil with cooking spray.
2. Get 3 shallow dishes to use. In the first dish, mix flour, garlic powder, onion powder, and black pepper. In the second dish, beat egg and water together. In the last dish put the bread crumbs.
3. Take your first chicken tender and coat with flour mixture. Then dip into egg mixture. Lastly, coat with bread crumbs. Place coated chicken tender on lined cookie sheet. Continue this pattern until all the chicken tenders are all coated and on the cookie sheet.
4. Place cookie sheet in preheated oven for 15-20 minutes. Turn once. Bake until tenders are a golden brown and chicken is completely cooked through.



Preparation Time: 10 - 15 min



Baking Time: 15 - 20 min



Yield : 8 servings (1 serving = 45 g/1.5 oz)

Nutrition Information Per 1 Serving (45 g/1.5 oz)

Calories	200 kcal
Phosphorus	60 mg
Potassium	50 mg
Sodium	141 mg

Session 2 Outline:

Equipment and Shopping List

Equipment:

- Sharp knife
- Non-stick frying pan
- Cutting board
- 3 shallow dishes
- Cooking spray
- Measuring spoons
- Measuring cups
- Tin foil
- Baking sheet
- Large pot
- Large bowl for salad
- Mason jar or other glass jar with lid

Nutrition Information for Entire Meal

1/4 cup alfredo sauce on 1/2 cup cooked pasta, 45 g/1.5 oz chicken tenders, 1 tbsp caesar dressing on 1/2 cup romaine lettuce

Calories	425 kcal
Phosphorus	295 mg
Potassium	278 mg
Sodium	255 mg



Shopping List:

Spices:

- Garlic powder
- Onion powder
- Black pepper

Alfredo Pasta:

- Cream cheese
- Parmesan cheese
- whipping cream
- Butter
- Pasta of choice

Caesar Salad:

- Plain 10% milk fat yogurt
- Olive oil
- 1 lemon
- Parmesan cheese
- Dijon mustard
- 1 head romaine lettuce

Chicken Tenders:

- 3-4 boneless, skinless chicken breasts
- All-purpose flour
- 1 egg
- Bread crumbs (plain) OR Panko flakes