

Chic' Penne

Meal Components: Vegetable - Dark Green, Grains, Meat / Meat Alternate

Main Dishes, D-53r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	6 lb	1 gal 3 1/2 qt	12 lb	3 gal 3 qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Drain well.
Granulated garlic		2 Tbsp 2 tsp	3 1/2 oz	1/4 cup 1 1/3 Tbsp	3. Toss cooked pasta with garlic. 4. Transfer pasta to steam table pan (12" x 20" x 2 1/2").
*Fresh broccoli florets, chopped 1"	3 lb 2 oz	1 gal 1 1/2 qt	6 lb 4 oz	2 gal 3 qt	5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
Frozen, cooked diced chicken, thawed, 1/2" pieces	2 lb	1 qt 2 1/2 cups	4 lb	3 qt 1 cup	6. Add broccoli and chicken to pasta. Mix well
Low-sodium chicken broth		1 cup		2 cups	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly.
Salt		2 Tbsp		1/4 cup	

Nonfat milk		2 qt 3 cups		1 gal 1 1/2 qt	
Enriched all-purpose flour		1/2 cup	2 1/2 oz	1 cup	8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens.
Reduced-fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	9. Add cheese. Continue to stir until cheese melts.
Low-fat mozzarella cheese, low moisture, part-skim, shredded	1 lb	1 qt	2 lb	2 qt	10. Divide cheese sauce evenly and pour over pasta mixture. 11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes 12. Critical Control Point: Hold for hot service at 135 °F or higher. 13. Portion two 6 fl oz spoodles (1 ½ cups).

Notes

Our Story

The Winograd K-8 Elementary School team started the recipe creation discussing all the foods eligible for the competition. Then, they wrote down what each team member liked to eat. After a couple of test runs of basic dishes, they ended up with a tasty dish called Chic' Penne.

Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too! This main dish will be an instant hit with your

children.

Winograd K-8 Elementary School

Greeley, Colorado

School Team Members

School Nutrition Professional: Kara Sample, RD, SNS

Chef: Amanda Smith

Community Member: Emily Wigington (AmeriCorps VISTA Volunteer)

Students: Jace K., Bethany V., Abraham A., and Amairani P.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

For a creamier sauce, use an equal quantity of fat-free half and half in place of milk.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for

50 Servings

50 Servings

Broccoli

3 lb 2 oz

6 lb 4 oz

Serving	Yield	Volume
1 1/2 cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, and 1 3/4 oz equivalent grains.	50 Servings: about 27 lb 8 oz 100 Servings: about 55 lb	50 Servings: 2 steam table pans 100 Servings: 4 steam table pans

Nutrients Per Serving					
Calories	299	Saturated Fat	2 g	Iron	2 mg
Protein	19 g	Cholesterol	26 mg	Calcium	230 mg
Carbohydrate	44 g	Vitamin A	618 IU	Sodium	418 mg
Total Fat	6 g	Vitamin C	17 mg	Dietary Fiber	6 g