

# Ooodles of Noodles

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains

Main Dishes, Side Dishes, B-26r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		4 gal		8 gal	<ol style="list-style-type: none"> <li>Heat water to a rolling boil.</li> <li>Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.</li> </ol>
Penne pasta, whole-wheat, dry	5 lb 8 oz	1 gal 3 qt	11 lb	3 gal 2 qt	
Extra virgin olive oil		2/3 cup		1 1/3 cups	<ol style="list-style-type: none"> <li>Heat oil. In a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove, sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. Reserve remaining tomatoes for step 6.</li> </ol>
*Fresh grape tomatoes, halved	6 lb	1 gal	12 lb	2 gal	
Dried basil		1/4 cup		1/2 cup	<ol style="list-style-type: none"> <li>Add basil, salt, pepper, and garlic</li> </ol>
Sea salt		2 Tbsp		1/4 cup	
Ground black pepper		1 Tbsp		2 Tbsp	

Whole-wheat flour	7 oz	1 1/2 cups	14 oz	3 cups	<b>5.</b> Sprinkle flour over tomatoes. Sauté over medium heat for an additional 1-2 minutes. When mixture begins to thicken add broth. Bring to a boil uncovered. Reduce heat to low.
Low-sodium vegetable broth		1 gal 1/2 cup		2 gal 1 cups	
*Fresh Swiss chard, stems removed, chopped	2 lb 8 oz	3 qt 1 cup	5 lb	1 gal 2 1/2 qt	<b>6.</b> Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted.  <b>7.</b> Pour over pasta and serve  <b>8.</b> Critical Control Point: Hold for hot service at 135 °F or higher.  <b>9.</b> Portion with 8 fl oz ladle (1 cup).

## Notes

### Our Story

When the Assistant Principal asks you to work on a recipe challenge project, you roll up your sleeves and get busy! For the recipe challenge team at Lincoln Junior High School, foodservice members, teachers, students, parents, and a chef all came together to cook, taste, and adjust recipes.

They developed a total of five recipes. Thirty students were asked to comment on each recipe and share whether or not they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest and is thrilled that one of their recipes, Oodles of Noodles, was selected.

### Lincoln Junior High School

Skokie, Illinois

**School Team Members**

**School Nutrition Professional:** Kathy Jones

**Chef:** Patsy Bentivegna

**Community Members:** Joe Cullota (Teacher) and Maggie Nessim (School Board Member and Parent)

**Students:** Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

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

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
Grape tomatoes	6 lb 2 oz	12 lb 4 oz
Swiss Chard	2 lb 12 oz	5 lb 8 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 2 oz equivalent grains.	<b>50 Servings:</b> about 20 lb 8 oz	<b>50 Servings:</b> about 2 gallons 2 qt
	<b>100 Servings:</b> about 40 lb	<b>100 Servings:</b> about 5 gallons

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**Nutrients Per Serving**

Calories	235	Saturated Fat	1 g	Iron	5 mg
Protein	9 g	Cholesterol		Calcium	50 mg
Carbohydrate	43 g	Vitamin A	1519 IU	Sodium	323 mg
Total Fat	4 g	Vitamin C	15 mg	Dietary Fiber	5 g