

Chic' Penne

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

Main Dishes D-53r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	3 lb	3 qt 3 ½ cups	6 lb	1 gal 3 ½ qt	2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. DO NOT OVERCOOK. Drain well.
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	3. Toss cooked pasta with garlic. For 25 servings, add 2 tsp (reserve remaining garlic for step 5). For 50 servings, add 1 Tbsp 1 tsp garlic (reserve remaining garlic for step 5). 4. Transfer pasta to steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 ¼ cups	3 lb 2 oz	1 gal 1 ½ qt	5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.
Frozen, cooked diced chicken, thawed, ½" pieces	1 lb	3 ¼ cups	2 lb	1 qt 2 ½ cups	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		½ cup		1 cup	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 25 servings, use 1 qt milk (reserve remaining milk for step 8). For 50 servings, use 2 qt milk (reserve remaining milk for step 8).
Salt		1 Tbsp		2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	
Nonfat milk		1 qt 1 ½ cups		2 qt 3 cups	
Enriched all-purpose flour		¼ cup		½ 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	8 oz	2 cups	1 lb	1 qt	9. Add cheese. Continue to stir until cheese melts.

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

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	Weight	Measure	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups	1 lb	1 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 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					12. Critical Control Point: Hold for hot service at 135 °F or higher.
					13. Portion two 6 fl oz spoodles (1 ½ cups).

Notes
*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.

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Broccoli	1 lb 9 oz	3 lb 2 oz

Serving	Yield	Volume
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ⅓ cup dark green vegetable, and 1 ¾ oz equivalent grains.	25 Servings: about 14 lb	25 Servings: 1 steam table pan
	50 Servings: about 27 lb 8 oz	50 Servings: 2 steam table pans

Nutrients Per Serving					
Calories	299.26	Saturated Fat	2.16 g	Iron	2.32 mg
Protein	18.64 g	Cholesterol	25.88 mg	Calcium	230.49 mg
Carbohydrate	44.43 g	Vitamin A	618.36 IU	Sodium	417.56 mg
Total Fat	5.50 g		(77.54 RAE)	Dietary Fiber	5.53 g
		Vitamin C	17.23 mg		

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