Whole Grains

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic. Children will find this dish to be an oodle of noodle delight!

Oodles of Noodles

LINCOLN JUNIOR HIGH SCHOOL
Skokie, Illinois

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 on Saturdays to cook, taste, and adjust recipes.

At the start of the project, a handful of students and teachers brainstormed a list of their favorite foods and ideas that they thought might work for this project. Teams were formed that represented each of the contest categories. Each team prepared its initial recipe during a weekend cooking session.

Using the feedback provided by the team, the chef adjusted each of the recipes and prepared them for a student taste testing. Thirty students tasted the recipes and were asked to comment and share whether they would eat the dish if it were served again. Based on their feedback, the school submitted three recipes as part of the contest. They were thrilled that one of their recipes, Oodles of Noodles, was selected and featured in this cookbook.

School Team Members

SCHOOL NUTRITION PROFESSIONAL
Kathy Jones

CHEF
Patsy Bentivegna

COMMUNITY MEMBERS
Joe Cullota (Teacher) and Maggie Nessim (Board Member and Parent)

STUDENTS
Sarah B., Matt L., Elizabeth D., Vanessa L., and Hannah W.

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		2 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat, dry	2 lb 12 oz	3 qt 2 ¾ cups	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.
Extra virgin olive oil		⅓ cup	3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. For 25 use a large stockpot. Reserve remaining tomatoes for step 6.
*Fresh grape tomatoes, halved	3 lb	2 qt	
Dried basil		⅛ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		1 Tbsp	
Ground black pepper		½ Tbsp	
Fresh garlic, minced	2 oz	¼ cup	
Whole-wheat flour	3 ½ oz	¾ cup	5. 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		2 qt ¼ cup	
*Fresh Swiss chard, stems removed, chopped	1 lb 4 oz	1 qt 2 ½ cups	6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
			7. Pour over pasta and serve. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
			9. Portion with 8 fl oz ladle (1 cup).

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

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

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

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 2 oz equivalent grains.	25 Servings: about 9 lb 8 oz	25 Servings: about 1 gallon 1 qt

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

Marketing Guide	
Food as Purchased for	**25 servings**
Grape tomatoes	3 lb 1 oz
Swiss Chard	1 lb 6 oz

Nutrients Per Serving					
Calories	234.73	Saturated Fat	0.56 g	Iron	5.37 mg
Protein	8.69 g	Cholesterol	0 mg	Calcium	49.85 mg
Carbohydrate	43.44 g	Vitamin A	1519.19 IU (75.96 RAE)	Sodium	323.28 mg
Total Fat	4.00 g	Vitamin C	14.79 mg	Dietary Fiber	5.33 g

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		4 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat, dry	5 lb 8 oz	1 gal 3 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.
Extra virgin olive oil		⅔ cup	3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. For 50 servings, use 1 roasting pan/square head pan (20 ⅞" x 17 ⅜" x 7") on top of stove. Reserve remaining tomatoes for step 6.
*Fresh grape tomatoes, halved	6 lb	1 gal	
Dried basil		¼ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		2 Tbsp	
Ground black pepper		1 Tbsp	
Fresh garlic, minced	4 oz	½ cup	
Whole-wheat flour	7 oz	1 ½ cups	5. 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 ½ cup	
*Fresh Swiss chard, stems removed, chopped	2 lb 8 oz	3 qt 1 cup	6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
			7. Pour over pasta and serve. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
			9. Portion with 8 fl oz ladle (1 cup).

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

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Notes
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Serving	Yield	Volume
1 cup (8 fl oz ladle) provides ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 2 oz equivalent grains.	50 Servings: about 20 lb 8 oz	50 Servings: about 2 gallons 2 qt

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**
Grape tomatoes	6 lb 2 oz
Swiss Chard	2 lb 12 oz

Nutrients Per Serving					
Calories	234.73	Saturated Fat	0.56 g	Iron	5.37 mg
Protein	8.69 g	Cholesterol	0 mg	Calcium	49.85 mg
Carbohydrate	43.44 g	Vitamin A	1519.19 IU (75.96 RAE)	Sodium	323.28 mg
Total Fat	4.00 g	Vitamin C	14.79 mg	Dietary Fiber	5.33 g

Oodles of Noodles

Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		8 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat, dry	11 lb	3 gal 2 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.
Extra virgin olive oil		1 ⅓ cups	3. Heat oil. In a roasting pan/square head pan (20 ⅞″ x 17 ⅜″ 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.
*Fresh grape tomatoes, halved	12 lb	2 gal	
Dried basil		½ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		¼ cup	
Ground black pepper		2 Tbsp	
Fresh garlic, minced	8 oz	1 cup	
Whole-wheat flour	14 oz	3 cups	5. 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		2 gal 1 cup	
*Fresh Swiss chard, stems removed, chopped	5 lb	1 gal 2 ½ qt	6. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
			7. Pour over pasta and serve. 8. Critical Control Point: Hold for hot service at 135 °F or higher.
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Meal Components: Red/Orange Vegetable-Other Vegetable-Grains **Grains B-26r**

Notes
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Serving	Yield	Volume
1 cup (8 fl oz ladle) provides ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 2 oz equivalent grains.	100 Servings: about 40 lb	100 Servings: about 5 gallons

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

Marketing Guide	
Food as Purchased for	**100 servings**
Grape tomatoes	12 lb 4 oz
Swiss Chard	5 lb 8 oz

Nutrients Per Serving					
Calories	234.73	Saturated Fat	0.56 g	Iron	5.37 mg
Protein	8.69 g	Cholesterol	0 mg	Calcium	49.85 mg
Carbohydrate	43.44 g	Vitamin A	1519.19 IU (75.96 RAE)	Sodium	323.28 mg
Total Fat	4.00 g	Vitamin C	14.79 mg	Dietary Fiber	5.33 g