

Chic' Penne

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

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.

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.

1ST PLACE WINNER
Whole Grains

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.



Chic' Penne

Ingredients

- 3 cups** Penne pasta, whole-wheat, dry (12 oz)
- 1 tsp** Granulated garlic
- 2 cups** Fresh broccoli florets
- 1 cup** Cooked diced chicken, ½" pieces (4 oz)
- 1 ½ cups** Fat-free half and half
- 1 Tbsp** Enriched all-purpose flour
- ⅔ cup** Low-sodium chicken broth
- 1 tsp** Salt
- ½ tsp** Ground black pepper
- ½ cup** Reduced-fat cheddar cheese, shredded (2 oz)
- ½ cup** Low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Makes six 1 ½-cup servings

1 ½ cups provides 1 oz equivalent meat/meat alternate, ⅔ cup dark green vegetable, and 1 ¾ oz equivalent grains.

Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with ½ teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.
4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

Nutrients Per Serving: Calories **300**, Protein **19 g**, Carbohydrate **44 g**, Dietary Fiber **6 g**, Total Fat **6 g**, Saturated Fat **2 g**, Cholesterol **26 mg**, Vitamin A **618 IU (78 RAE)**, Vitamin C **17 mg**, Iron **2 mg**, Calcium **231 mg**, Sodium **418 mg**