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

⅛ 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, ⅛ 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**