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 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.

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.

Whole Grains

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!

Oodles of Noodles

Ingredients

2¾ cups Penne pasta, whole-wheat, dry (11 oz)
1 ½ Tbsp Extra virgin olive oil
2 ¼ cups Fresh grape tomatoes, halved
1 ½ tsp Dried basil
¾ tsp Sea salt
¼ tsp Ground black pepper
1 Tbsp Fresh garlic, minced
3 Tbsp Whole-wheat flour
2 ⅓ cups Low-sodium vegetable broth
4 cups Fresh Swiss chard, stems removed, chopped

Preparation Time: 15 minutes
Cooking Time: 20 minutes
Makes six 1-cup servings

Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for about 8-10 minutes until tender. Do not overcook. Drain well.

2. Heat olive oil in a large skillet over medium heat. Add half of tomatoes and cook 2-3 minutes until skins soften. Do not overcook. Reserve remaining tomatoes for step 4. Add basil, salt, pepper, and garlic. Stir.

3. Sprinkle flour over tomatoes. Cook for 30 seconds over medium heat until mixture becomes thick. Add vegetable broth. Bring to a boil and then immediately reduce to low heat.

4. Add Swiss chard and remaining tomatoes. Simmer uncovered over low heat for 1-2 minutes or until Swiss chard is wilted. Pour over pasta. Serve hot.

1 cup provides ⅛ cup red/orange vegetable, ⅛ cup other vegetable, and 2 oz equivalent grains.

Nutrients Per Serving: Calories **235,** Protein **9 g,** Carbohydrate **43 g,** Dietary Fiber **5 g,** Total Fat **4 g,** Saturated Fat **1 g,** Cholesterol **0 mg,** Vitamin A **1519 IU (76 RAE),** Vitamin C **15 mg,** Iron **5 mg,** Calcium **50 mg,** Sodium **323 mg**