

A close-up photograph of a white ceramic bowl filled with a pasta dish. The dish consists of multi-grain pasta, pieces of cooked chicken, and fresh broccoli florets. The entire dish is topped with melted, shredded yellow cheese. The bowl is placed on a white and green striped cloth. The background is softly blurred, showing a yellow object, possibly a lemon.

1ST PLACE WINNER
Whole Grains

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



Chic' Penne

WINOGRAD K-8 ELEMENTARY SCHOOL
Greeley, Colorado

Our Story

Students who have a passion for food and who enjoy a challenge were handpicked by their food science teacher. Once the team was formed, they began to strategize, and the recipe creation began at a very basic level. With the help of pictures, the team discussed all the foods eligible for the competition. Using a chalkboard, they wrote down what each team member liked to eat and began to form the basic dishes they wanted to try. After a couple of test runs, the team was ready to try out their recipe creation on the Winograd students. Their creation, Chic' Penne, was an instant hit with kids.

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!

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.

Chic' Penne

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

Main Dishes D-53r

| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|---|-------------|---------------|--------------|----------------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 3 gal | | 6 gal | 1. Heat water to a rolling boil. |
| Penne pasta, multi-grain, dry | 6 lb | 1 gal 3 ½ qt | 12 lb | 3 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. |
| Granulated garlic | | 2 Tbsp 2 tsp | 3 ½ oz | ¼ cup 1 ½ Tbsp | 3. Toss cooked pasta with garlic. For 50 servings, add 1 Tbsp 1 tsp (reserve remaining garlic for step 5). For 100 servings, add 2 Tbsp 2 tsp garlic (reserve remaining garlic for step 5). 4. Transfer pasta to steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. |
| *Fresh broccoli florets, chopped 1" | 3 lb 2 oz | 1 gal 1 ½ qt | 6 lb 4 oz | 2 gal 3 qt | 5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic. |
| Frozen, cooked diced chicken, thawed, ½" pieces | 2 lb | 1 qt 2 ½ cups | 4 lb | 3 qt 1 cup | 6. Add broccoli and chicken to pasta. Mix well. |
| Low-sodium chicken broth | | 1 cup | | 2 cups | 7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 50 servings, use 2 qt milk (reserve remaining milk for step 8). For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8). |
| Salt | | 2 Tbsp | | ¼ cup | |
| Ground black pepper | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Nonfat milk | | 2 qt 3 cups | | 1 gal 1 ½ qt | |
| Enriched all-purpose flour | | ½ cup | 2 ½ oz | 1 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 | 1 lb | 1 qt | 2 lb | 2 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.

Chic' Penne



Whole Grains

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Main Dishes D-53r

| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|--|-------------|---------|--------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Low-fat mozzarella cheese, low moisture, part-skim, shredded | 1 lb | 1 qt | 2 lb | 2 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 | 50 servings | 100 servings |
| Broccoli | 3 lb 2 oz | 6 lb 4 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. | 50 Servings: about 27 lb 8 oz | 50 Servings: 2 steam table pans |
| | 100 Servings: about 55 lb | 100 Servings: 4 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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