Oodles of Noodles

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

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		4 gal		8 gal	1. Heat water to a rolling boil.
Penne pasta, whole-wheat, dry	5 lb 8 oz	1 gal 3 qt	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		⅔ cup		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	6 lb	1 gal	12 lb	2 gal	
Dried basil		¼ cup		½ cup	4. Add basil, salt, pepper, and garlic.
Sea salt		2 Tbsp		¼ cup	
Ground black pepper		1 Tbsp		2 Tbsp	
Fresh garlic, minced	4 oz	½ cup	8 oz	1 cup	
Whole-wheat flour	7 oz	1 ½ cups	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		1 gal ½ cup		2 gal 1 cup	
*Fresh Swiss chard, stems removed, chopped	2 lb 8 oz	3 qt 1 cup	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.
					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.

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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.	50 Servings: about 20 lb 8 oz	50 Servings: about 2 gallons 2 qt
	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	**50 servings**	**100 servings**
Grape tomatoes	6 lb 1 oz	12 lb 2 oz
Swiss Chard	2 lb 12 oz	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