## 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

1/8 cup Low-sodium chicken broth

1 tsp Salt

1/2 tsp Ground black pepper

1/2 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, ¼ cup 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

## 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

Emily Wigington (AmeriCorps VISTA Volunteer)

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#### STUDENTS

Jace K., Bethany V., Abraham A., and Amairani P.



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

#### Main Dishes D-53r

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure	Process #2: Same Day Service	
Water		1 gal 2 qt		3 gal	1. Heat water to a rolling boil.	
Penne pasta, multi-grain, dry	3 lb	3 qt 3 ⅓ cups	6 lb	1 gal 3 ½ 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		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<ul> <li>3. Toss cooked pasta with garlic. For 25 servings, add 2 tsp (reserve remaining garlic for step 5). For 50 servings, add 1 Tbsp 1 tsp garlic (reserve remaining garlic for step 5).</li> <li>4. Transfer pasta to steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> </ul>	
*Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 ¼ cups	3 lb 2 oz	1 gal 1 ½ qt	5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic.	
Frozen, cooked diced chicken, thawed, ½" pieces	1 lb	3 ¼ cups	2 lb	1 qt 2 ½ cups	6. Add broccoli and chicken to pasta. Mix well.	
Low-sodium chicken broth		½ cup		1 cup	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 25 servings, use 1 qt milk (reserve remaining milk for step 8). For 50 servings, use 2 qt milk (reserve remaining milk for step 8).	
Salt		1 Tbsp		2 Tbsp		
Ground black pepper		2 tsp		1 Tbsp 1 tsp		
Nonfat milk		1 qt 1 ½ cups		2 qt 3 cups		
Enriched all-purpose flour		¼ cup		½ 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	8 oz	2 cups	1 lb	1 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 🌽

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

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	asure Weight Measure P		Process #2: Same Day Service	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups	1 lb	1 qt		
					10. Divide cheese sauce evenly and pour over pasta mixture.	
					<ol> <li>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.</li> </ol>	
					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.

Serving	Yield	Volume	
1½ cups (two 6 fl oz spoodles)	25 Servings:	25 Servings:	
provides 1 oz equivalent meat/meat	about 14 lb	1 steam table pan	
alternate, ¼ cup vegetable, and 1¾ o	50 Servings:	50 Servings:	
equivalent grains.	about 27 lb 8 oz	2 steam table pans	

🌽 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide					
Food as Purchased for	25 servings	50 servings			
Broccoli	1 lb 9 oz	3 lb 2 oz			

Nutrients Per Serving						
Calories Protein Carbohydrate Total Fat	299.26 18.64 g 44.43 g 5.50 g	Saturated Fat Cholesterol Vitamin A Vitamin C	2.16 g 25.88 mg 618.36 IU (77.54 RAE) 17.23 mg	Iron Calcium Sodium Dietary Fiber	2.32 mg 230.49 mg 417.56 mg 5.53 g	

**Recipes for Healthy Kids Cookbook for Child Care Centers** 



