



Spiral Pasta and Broccoli

Add a splash of dark-green veggies to foods we all love, spiral pasta topped with a sprinkle of shredded cheese.

AGES: 3–5 years

PREP TIME: 15 minutes

COOK TIME: 25 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Broccoli, frozen, chopped, thawed, drained	2 lb 10 oz	1 gal	5 lb 4 oz	2 gal	<p>1 Wash hands with soap and water for at least 20 seconds.</p>
Pasta, whole-wheat, spiral, uncooked	12½ oz	1 qt + ½ cup	1 lb 9 oz	2 qt + 1 cup	<p>2 In an extra-large nonstick pot, bring water to a boil on medium-high heat. Add pasta. Cook for 8 minutes or until al dente (soft to the touch and firm to the bite). Drain water from pasta. Rinse well with cold water.</p>
Water		3 qt + ½ cup		1 gal + 2 qt + 1 cup	





NUTRITION INFORMATION

½ cup Spiral Pasta and Broccoli

NUTRIENTS	AMOUNT
Calories	67
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	26 mg
Total Carbohydrate	12 g
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
Protein	4 g
Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- Contains milk (mozzarella cheese) and wheat (pasta). Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (pasta) and may be included in the ingredient statements as "spice" or "flavoring."
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 4 lb 1 oz	Weight: 8 lb 1 oz
Yield: 2 qt 1 cup	Yield: 1 gal 2 qt 2 cups

