



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

Makes: 6 servings

Prep time: 5 minutes

Cook time: 20 minutes

the INGREDIENTS

4 cups broccoli, frozen, chopped, thawed, drained

1 cup + 1 Tbsp pasta, whole-wheat, spiral, uncooked

3 cups water

1 tsp margarine, *trans* fat-free

1 tsp garlic powder

½ cup mozzarella cheese, part-skim, shredded

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium 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.
3. Heat a medium nonstick skillet on medium-high heat. Melt margarine. Add garlic powder. Stir.
4. Sauté thawed broccoli for 3–5 minutes or until the broccoli begins to turn brown on the tips of the crowns.
5. Reduce heat to medium. Add cooked pasta. Stir gently. Cook for 3–5 minutes or until pasta is hot. Heat to 140 °F or higher for at least 15 seconds.
6. Remove from heat. Add cheese. Stir.
7. Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.

the 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


Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

¼ cup vegetable
 ½ oz eq grains 

the CHEF TIPS

- **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.