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	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		1 gal 2 qt	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	3 lb	3 qt 3 ⅓ cups	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	3. Toss cooked pasta with garlic. For 25 servings, add 2 tsp (reserve remaining garlic for step 5). 4. Transfer pasta to steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan.
*Fresh broccoli florets, chopped 1"	1 lb 9 oz	2 qt 3 ¼ cups	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	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		½ 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).
Salt		1 Tbsp	
Ground black pepper		2 tsp	
Nonfat milk		1 qt 1 ½ cups	
Enriched all-purpose flour		¼ 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	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 **Main Dishes D-53r**

Ingredients	25 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	8 oz	2 cups	
			10. Pour cheese sauce evenly 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.

Serving	Yield	Volume
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ⅛ cup dark green vegetable, and 1 ¾ oz equivalent grains.	25 Servings: about 14 lb	25 Servings: 1 steam table pan

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
Broccoli	1 lb 9 oz

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 (77.54 RAE)	Sodium	417.56 mg
Total Fat	5.50 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g

Chic' Penne

Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-53r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		3 gal	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	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		2 Tbsp 2 tsp	3. Toss cooked pasta with garlic. For 50 servings, add 1 Tbsp 1 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.
*Fresh broccoli florets, chopped 1"	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	2 lb	1 qt 2 ½ cups	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		1 cup	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).
Salt		2 Tbsp	
Ground black pepper		1 Tbsp 1 tsp	
Nonfat milk		2 qt 3 cups	
Enriched all-purpose flour		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	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 **Main Dishes D-53r**

Ingredients	50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	1 lb	1 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

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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
Broccoli	3 lb 2 oz

Serving	Yield	Volume
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ⅛ cup dark green vegetable, and 1 ¾ oz equivalent grains.	50 Servings: about 27 lb 8 oz	50 Servings: 2 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 (77.54 RAE)	Sodium	417.56 mg
Total Fat	5.50 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g

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 **Main Dishes D-53r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Water		6 gal	1. Heat water to a rolling boil.
Penne pasta, multi-grain, dry	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	3 ½ oz	¼ cup 1 ⅓ Tbsp	3. Toss cooked pasta with garlic. 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 100 servings, use 4 pans.
*Fresh broccoli florets, chopped 1"	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	4 lb	3 qt 1 cup	6. Add broccoli and chicken to pasta. Mix well.
Low-sodium chicken broth		2 cups	7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. For 100 servings, use 1 gal 2 cups milk (reserve remaining milk for step 8).
Salt		¼ cup	
Ground black pepper		2 Tbsp 2 tsp	
Nonfat milk		1 gal 1 ½ qt	
Enriched all-purpose flour	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	2 lb	2 qt	9. Add cheese. Continue to stir until cheese melts.

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Meal Components: Meat/Meat Alternate-Dark Green Vegetable-Grains **Main Dishes D-53r**

Ingredients	100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	
Low-fat mozzarella cheese, low moisture, part-skim, shredded	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

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Marketing Guide

Food as Purchased for	100 servings
Broccoli	6 lb 4 oz

Serving	Yield	Volume
1 ½ cups (two 6 fl oz spoodles) provides 1 oz equivalent meat/meat alternate, ⅛ cup dark green vegetable, and 1 ¾ oz equivalent grains.	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 (77.54 RAE)	Sodium	417.56 mg
Total Fat	5.50 g	Vitamin C	17.23 mg	Dietary Fiber	5.53 g

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