

Broccoli Cheese Pasta



Servings:	200.00	Category:	Vegetable
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51184
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA PENNE RIGATE 100 WHLWHE	10 1/2 Pound		654571
CREAM WHIP 36 HVY ESL	5 Gallon	can use Low fat milk	457341
MARGARINE BTR BLND EURO UNSLTD	3 Pound		834071
FLOUR HR A/P	3 Pound		765180
SALT IODIZED	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		125557
SPICE MUSTARD GRND	2 Fluid Ounce		224928
Black Ground Pepper	1 Tablespoon 1 Teaspoon (4 Teaspoon)		2009817
SPICE PAPRIKA	2 Fluid Ounce		518331
SAUCE WORCESTERSHIRE	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		109843
CHEESE PARM GRTD	1 Pound		445401
CHEESE CHED MLD SHRD 4-5 LOL	8 Pound		150250
BROCCOLI FZ	1 Pound		549292

Preparation Instructions

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Cook pasta until slightly undercooked. Drain and rinse with cold water.

Heat milk to a simmer (185°F). Set aside.

Melt butter in a saucepan or steam jacketed kettle. Combine the flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.

Slowly add milk to the flour mixture, whisking continuously. Cook until smooth and thickened.

Add Worcestershire sauce, parmesan cheese, and cheddar cheese to the white sauce. Stir over low heat until cheese melts.

Combine the well-drained pasta, broccoli and sauce. Mix well.

Spray pans with food release and place 10 pounds 14 ounces into each steam table pan (12"x 20"x 2 1/2").

Remove from oven and top each pan with 9 ounces additional reduced-fat cheddar cheese. Place in oven for 5 additional minutes, until cheese is melted.

Portion with 8 oz spoodle.

Recipe Notes

For 50 servings, use 2 pans. Cover with foil and bake at 350°F for 25-30 minutes.

CCP: Cook until internal temp reaches 135°F or above.

CCP: Hold at 135°F or above before and during service.

Crediting: 1 oz equivalent meat/meat alternate; 3/4 oz equivalent grain/bread; and 1/2 c dark green vegetable

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.750
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	541.24
Fat	44.38g
SaturatedFat	28.76g
Trans Fat	0.00g
Cholesterol	147.40mg
Sodium	259.50mg
Carbohydrates	29.08g
Fiber	2.85g
Sugar	0.89g
Protein	5.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 144.26mg	Iron 1.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	238.65		
Fat	19.57g		
SaturatedFat	12.68g		
Trans Fat	0.00g		
Cholesterol	64.99mg		
Sodium	114.42mg		
Carbohydrates	12.82g		
Fiber	1.26g		
Sugar	0.39g		
Protein	2.21g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.61mg	Iron	0.50mg

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