

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	168 Ounce		654571
CREAM WHIP 36 HVY ESL	80 Cup	can use Low fat milk	457341
MARGARINE BTR BLND EURO UNSLTD	48 Ounce		834071
FLOUR HR A/P	48 Ounce		765180
SALT IODIZED	2 Tablespoon 1 Teaspoon (8 Teaspoon)		125557
SPICE MUSTARD GRND	4 Tablespoon		224928
Black Ground Pepper	1 Tablespoon		2009817
SPICE PAPRIKA	4 Tablespoon		518331
SAUCE WORCESTERSHIRE	2 Tablespoon 1 Teaspoon (8 Teaspoon)		109843
CHEESE PARM GRTD	16 Ounce		445401
CHEESE CHED MLD SHRD 4-5 LOL	128 Ounce		150250
BROCCOLI FZ	16 Ounce		549292

Preparation Instructions

Instructions

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		165.10mg	
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		72.80mg	
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

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