

Pasta with Greens and Beans

 Cooking time: 20 minutes

HACCP Process #2 Same Day Service

1 Serving Provides:

CACFP: 0.75 ounce Meat/Meat Alternate, 1 ounce equivalent Grains, $\frac{3}{8}$ cup Vegetables

NSLP: 0.75 ounce Meat/Meat Alternate, 1 ounce equivalent Grains,
 $\frac{1}{4}$ cup Red/Orange Vegetables, $\frac{1}{8}$ cup Dark Green Vegetables

SFSP: 0.75 ounce Meat/Meat Alternate, 1 ounce equivalent Grains, $\frac{3}{8}$ cup Vegetables

Ingredients	14 Servings		28 Servings	
	Weight	Measure	Weight	Measure
Dry pasta (try penne)	1 pound		2 pounds	
Canned diced tomatoes	1 pound 14 ounces		3 pounds 12 ounces	
White beans, drained and rinsed	1 pound 14 ounces	3½ cups	3 pounds 12 ounces	1 quart + 3 cups
Frozen chopped spinach, thawed	1 pound 4 ounces		2 pounds 8 ounces	
Garlic powder		1½ teaspoons		1 Tablespoon
Salt		1 teaspoon		2 teaspoons
Black pepper		1 teaspoon		2 teaspoons
Parmesan cheese	3.4 ounces	1 cup	6.8 ounces	2 cups



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Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, in a sauce pan combine the tomatoes, beans, spinach, garlic powder, salt, and pepper. Bring to a low boil and reduce heat to a simmer. Cover and cook for 5 minutes.
3. Add the drained pasta and stir to combine. Transfer the mixture to serving pans and evenly distribute the parmesan cheese over the top.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8 ounce ladle or spoodle.



Serving	Yield	Volume
1 cup	14 servings, about 6 pounds 8 ounces	14 servings, about 3 quarts 2 cups
	28 servings, about 13 pounds	28 servings, about 7 quarts

Nutrients Per Serving			
Calories	217	Sodium	398 mg
Total Fat	3 g	Carbohydrate	36 g
Saturated Fat	1.2 g	Dietary Fiber	7 g
Cholesterol	5 mg	Protein	11.7 g
		Vitamin A	4638 IU
		Vitamin C	9 mg
		Iron	4 mg
		Calcium	208 mg

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