

East Penn School District

Recipe: 000967 Wheat Penne Casserole- PBS

Recipe Source: EAST PENN
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name: WHEAT PENNE CASSEROLE

Number of Portions: 10
 Size of Portion: cup

900296 Wheat Penne..... R000721 MARINARA..... 900295 CHEESE,MOZZARELLA,PART SKIM MILK,LO MOIST.... 900343 WATER..... 107929 GARLIC, GRANULATED..... 114657 PEPPER BLACK, GROUND..... 002044 BASIL,FRESH.....	10 Pasta serv (4 oz cooked) 1 CUP + 3/4 CUP 1 LB + 1/4 LB 2 QT 2 TSP 1 TSP 5 leaves	In a large stock pot; add 2 quarts water and dry pasta Cook desired pasta until al dente (boiling water for 10-15 minutes) Rinse pasta in cool water after cooking Mince the basil leaves set aside. In an oven safe dish spray with non stick; Add marinara and cheese into the cooked pasta topping with cheese, stir in seasonings. Bake at 350° until temperature reaches 140° internally or cheese is melted (about 20-30 minutes) Serving size is one cup *Side note- you may also use a crock pot with this recipe. Spray crock pot with non stick spray. Add dry pasta to bag instruction amount of water; add cheese, sauce, seasonings-cook on low 6 hours, Stir 1 hour prior to service; add more sauce or cheese to your taste.
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Calories	394	Iron	0.59 Mg	Protein	22.90 G	23.23%	Calories from Prot
Cholesterol	30 Mg	Calcium	432.56 Mg	Carbohydrates	45.01 G	45.66%	Calories from Carb
Sodium	470 Mg	Vitamin A	714 IU	Total Fat	12.56 G	28.66%	Calories from T Fat
Dietary Fiber	5.95 G	Vitamin C	1.24 Mg	Saturated Fat	6.60 G	15.06%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt 2.000 oz.
 Grain/Bread 1.000 srv.
 F/V/J cup
 Milk fl. oz.

Moisture & fat Change

Moisture Change 0%
 Fat Change 0%
 Type of Fat:

Recipe Details:

East Penn School District

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900296	Wheat Penne			
R	000721	MARINARA			
I	900295	CHEESE,MOZZARELLA,PART SKIM MILK,LO M			
I	900343	WATER			
I	107929	GARLIC, GRANULATED			
I	114657	PEPPER BLACK, GROUND			
I	002044	BASIL,FRESH			