



825662 - Cheesy Baked Pasta w/ Veggies

Source: Chef Cyndie and K-12 Team

Number of Portions: 24

Size of Portion: 2/3 cup

Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit:

Vegetable: 0.125 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825003R Marinara Sauce: School Made.....	1 qt + 1 PT	Prepare school made marinara sauce by the recipe #825003 and measure 1 1/2 quarts needed for each pan.
050385 OIL, VEGETABLE.....	1 Tbsp	Rinse onion and zucchini under running water. Dice all vegetables into 1/2" pieces. Preheat tilt skillet over medium low heat. Add oil. Once oil is shimmering, add onion, and cook about 5 minutes until onion is translucent. Stir in the zucchini and cook until crisp tender. Add basil and garlic and stir to combine. Spray 2-inch full size pan(s) with food release. Note: this recipe is made by the pan. For each pan, add 1 lb 8 oz pasta, 1 qt + 1 pint marinara sauce, 1 qt + 1 cup. water, 2 lb 4 oz ricotta cheese, 1 lb mozzarella cheese, and sauteed seasoned veggies. Stir gently with a rubber spatula to combine. Cover pans with aluminum foil. Bake at 350° F for 35-40 minutes. Remove foil and continue to bake for another 10 to 20 minutes. Cover and hold for service. Serve two no. 10 dishers per portion. CCP: Heat to 165° F or higher. CCP: Hold for hot service at 135° F or higher.
011478 SQUASH, SMMR, ZUCCHINI, INCL SKN, CKD, BLD, DR...	2 lbs + 4 OZS (fesh, AP)	
011283 ONIONS, CKD, BLD, DRND, WO/SALT.....	1 CUP (fresh, diced)	
900160 BASIL LEAF, DRIED.....	1 Tbsp	
799903 GARLIC, GRANULATED.....	2 tsp	
014429 BEVERAGES, H2O, TAP, MUNICIPAL.....	1 qt + 1 cup	
001037 CHEESE, RICOTTA, PART SKIM MILK.....	2 lbs + 4 ozs	
050459 ROTINI, WHOLE GRAIN, DRY.....	1 lb + 8 ozs	
051558 Cheese, Mozzarella, Lite, Shredded.....	1 lb	

*Nutrients are based upon 1 Portion Size (2/3 cup)

Calories	233 kcal	Cholesterol	20 mg	Sugars	*2.9* g	Calcium	*150.73* mg	27.07%	Calories from Total Fat
Total Fat	7.02 g	Sodium	169 mg	Protein	14.92 g	Iron	*1.78* mg	14.31%	Calories from Saturated Fat
Saturated Fat	3.71 g	Carbohydrates	29.59 g	Vitamin A	*797.1* IU	Water ¹	*140.76* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	3.50 g	Vitamin C	*11.0* mg	Ash ¹	*0.87* g	50.72%	Calories from Carbohydrates
								25.58%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									