

Go For Green® Color and Sodium Level:

**CAPONATA PROTEIN PACKED (Entrée/Side) (vegan)**

**Yield** 100 Portions

**Temp** .

**Each Portion** 1 cup Caponata + 3/4 cup pasta

**Time** min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber
		16g						

**Ingredients**

Ingredients	Weight	Measure	Approx. Issue
LENTIL PENNE	12 1/2 lbs		
POTATOES, WHITE, WHOLE	14 lb	1 gal 1 qt 18 tbsp 2 tsp	
OIL, SALAD, OLIVE	16 oz	2 c 4 3/4 tsp	
EGGPLANT, FRESH, CUBES	20 lbs		
CELERY, FRESH	10 lb	2 gal 2 pt 28 tbsp 2 1/2 tsp	
ONIONS, FRESH, YELLOW, 1/2-INCH DICE	6 lb		
PEPPERS, GREEN	10 lbs	6 qt 2 pt 2 c 6 tbsp 3 1/4 tsp	
TOMATOES, DICED, CANNED	24 lbs 22 1/4 oz	3 gal	
SUGAR, GRANULATED	0 lbs 8 oz	18 tbsp 1/2 tsp	
VINEGAR, WHITE	1 lb	31 tbsp 1/2 tsp	
SPICE, SALT, TABLE, IODIZED	4 oz	6 tbsp 3/4 tsp	
SPICE, PEPPER, BLACK	1 1/2 oz	6 tbsp 1/2 tsp	
OLIVES, GRN W/PIMIENTO	8 lbs		
SPICE, FRESH, ASSORTED	4 oz		

**Methods**

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. In a steam-jacketed kettle, add water; heat to rolling boil.
3. Add pasta slowly while stirring constantly until water boils again. Cook for 10 to 12 minutes or as directed on package to achieve al dente texture, stirring occasionally. Drain.
4. Wash and trim vegetables. Dice eggplant and potatoes into 1” cubes. Cut celery, peppers and onions into 1” pieces. Cook potatoes in oil on a 375°F grill for 5 minutes until lightly browned; add eggplant, celery, peppers, and onions and cook for 5 minutes.
5. Add tomatoes, salt and black pepper and cook for 5 additional minutes. Add vinegar, sugar and olives; mix well.
6. Transfer mixture to steam table pans 4 (12”x 20” x 2 1/2”). Bake uncovered in 325°F convection oven for 20 minutes. CCP: Internal temperature must reach 145°F or higher for 15 seconds. Sprinkle 1/4 cup chopped fresh parsley over the top of each pan. Hold for service at 140°F or higher.
7. Serve one cup of Caponata over 3/4 cup pasta for an entrée. Serve 1/2 cup Caponata as a side.

**Notes**

1. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Caponata & Protein Pasta (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
2. Alternatives: If lentil pasta is not available can substitute with equal amounts of other pasta or quinoa.
3. See Q 810 00N for a similar dish to be used as a side dish.
4. \*Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.
5. Recommend cook in 25-50 batch portions.

