

Rockin' Whole Grain Pasta with Chick Peas

60 Servings

Pasta is always a hit, and children like chickpeas, so this recipe is a winner. In fact, this was one of the winners of our healthy school food recipe contest.

Recipe created by Laurie Gershgor of Healthy Culinary Creations for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

6 pounds whole grain short pasta, cooked al dente

4 gallons water

1 cup oil

½ cup oil

¾ cup garlic, chopped in oil (NYS farm product)

3 Spanish onions, medium, diced small (NYS farm product)

1 #10 can diced tomatoes, drained* or 3 quarts (12 cups) fresh tomatoes, diced (NYS farm product)

½ cup jalapenos, de-seeded and finely chopped (NYS farm product)

3 #10 cans chick peas, drain two cans leaving one can un-drained **or** 16 cups dry garbanzo beans (32 cups cooked) plus 2 cups retained cooking water (or more as needed).

3 bunches basil, fresh (NYS farm product)

½ teaspoon salt

¼ teaspoon black pepper

Suggested garnish for pasta: Sautéed kale, pesto sauce, roasted broccoli or roasted peppers and onions

*For an enhanced flavor drain diced tomatoes well, coat with oil, sprinkle with a little salt and garlic powder, and roast in a 350 Fahrenheit oven for 20 minutes. Follow the rest of the recipe. Can be done the day ahead.



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Cook pasta, drain well, coat with 1 cup of oil and cover to hold hot.
2. Heat ½ cup oil to medium high heat.
3. Add garlic, stir but do not brown.

4. Add diced onion, diced tomato and jalapenos.
5. Add all chick peas, including the liquid from the one can.
6. Simmer on medium low for 10 minutes or until heated through.
7. Stir in freshly chopped basil.
8. Adjust seasoning with salt and black pepper.

HAACP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe

For one serving:

6 ounces whole grain pasta with chick peas for elementary and high school (two 3 ounce spoodles).

Nutrition Information:

Calories: 380
Total fat: 8.2g
Saturated fat: 1.2g
Trans fat: 0.0g
Protein: 6.3g
Sodium: 412mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, $\frac{1}{4}$ cup Vegetable, $\frac{3}{4}$ cup Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein, whole grain, and low fat entrées.