



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Oodles of Noodles

Makes: 25 or 50 Servings

This colorful, whole-wheat pasta dish is accented with grape tomatoes and Swiss chard, and delicately flavored with basil and garlic for an oodles of noodle delight!



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		2 gal		4 gal
Penne pasta, whole-wheat dry	2 lb 12 oz	3 qt 2 3/4 cups	5 lb 8 oz	1 gal 3 qt
Extra virgin olive oil		1/3 cup		2/3 cup
*Fresh grape tomatoes, halved	3 lb	2 qt	6 lb	1 gal
Dried basil		1/8 cup		1/4 cup
Sea salt		1 Tbsp		2 Tbsp
Ground black pepper		1/2 Tbsp		1 Tbsp
Fresh garlic, minced	2 oz	1/4 cup	4 oz	1/2 cup
Whole-wheat flour	3 1/2 oz	3/4 cup	7 oz	1 1/2 cups
Low-sodium vegetable broth		2 qt 1/4 cup		1 gal 1/2 cup
*Fresh Swiss chard, stems removed, chopped	1 lb 4 oz	1 qt 2 1/2 cups	2 lb 8 oz	3 qt 1 cup

Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
3. Heat oil. Sauté half of tomatoes over medium heat for 2 minutes until skins soften. DO NOT OVERCOOK. Tomatoes should maintain their shape. For 25 servings use a large stockpot. For 50 servings, use 1 roasting pan/square head pan (20 7/8 x 17 3/8" x 7") on top of stove. Reserve remaining tomatoes for step 6.
4. Add basil, salt pepper, and garlic
5. Add Swiss chard and the remaining tomatoes. Simmer over low heat, uncovered, for 2 minutes or until Swiss chard is wilted. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
6. Pour over pasta and serve.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. Portion with 8 fl oz ladle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving

CACFP Crediting Information: 1 cup provides 1/4 cup vegetable and 2 servings grains/bread.

NSLP/SBP Crediting Information: 1 cup (8 fl oz ladle) provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 2 oz equivalent grains.

My Notes

Source: Recipes for Healthy Kids Cookbook for Child Care Centers

Nutrition Information

Nutrients	Amount	Meal Components
Calories	235	Vegetables
Total Fat	4 g	Red & Orange 1/8 cup
Saturated Fat	1 g	Other 1/8 cup
Cholesterol	0 mg	Grains 2 ounces
Sodium	323 mg	
Total Carbohydrate	43 g	
Dietary Fiber	5 g	
Total Sugars	3 g	
Added Sugars included	N/A	
Protein	9 g	
Vitamin D	0 IU	
Calcium	50 mg	
Iron	5 mg	
Potassium	303 mg	

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available