

CREAMY MUSHROOM CHICKPEA PASTA BAKE

Sauteed mushrooms, chickpeas, whole-grain rich pasta meld together in a rich, creamy sauce.

ONE PORTION (1 ½ CUP) PROVIDES: 1/2 cup vegetable. 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain



INGREDIENTS	24 SERVINGS	48 SERVINGS	DIRECTIONS
Mushrooms, fresh, sliced	3 pounds	6 pounds	Preheat oven to 400 °F. 1. Add mushrooms, onions, and butter to a 4-inch full size steamtable pan. (Use one 4-inch, full-size, steamtable pan for 24 servings) 2. Roast, uncovered for 30 minutes, until mushrooms are darker in color and onions are translucent. 3. Remove from oven and add chickpeas and spinach, stir to combine.
Onions, fresh or frozen, diced	1 ½ pounds	3 pounds	
Butter, unsalted	4 ounces	8 ounces	
Chickpeas, drained, rinsed	2 ½ pounds drained	5 pounds drained	
Spinach, frozen, chopped	2 pounds	4 pounds	
Milk, 1 %	1 ½ quart	3 quarts	4. In a large container add milk, vegetable broth, garlic, Italian seasoning, granulated onion, salt, pepper, and flour. Whisk to combine. 5. Pour evenly over steamtable pan filled with vegetables.
Vegetable broth, unsalted	2 cups	1 quart	
Garlic, granulated	¼ cup	½ cup	
Italian seasoning, unsalted	¼ cup	½ cup	
Onion, granulated	⅓ cup	¼ cup	
Salt, kosher	1 ½ teaspoon	1 tablespoon	

Pepper, black, ground	½ teaspoon	1 teaspoon	
Flour, all-purpose	4 ounces	8 ounces	
Penne, whole wheat	24 ounces	3 pounds	6. Cook pasta according to package directions. Drain. 7. Add pasta to milk and vegetable mixture. stir to combine. 8. Cover tightly and cook for 1 hour.
Cheese, mozzarella, low sodium	1 pound 2 ounces	2 ¼ pounds	9. Mix cheese together in a bowl. 10. Remove the bake from the oven. Stir. Add 1 pound of the cheese (per steamtable pan), reserving 8 ounces for garnish after it is done cooking. 11. Return to over for another 30 minutes. Until cheese and melted and sauce is thick. <i>CCP: Heat to 135 °F or higher for at least 15 seconds.</i> 12. Remove from oven, top with remaining cheese and hold warm for service. <i>CCP: Hold for hot service at 135 °F or higher.</i> Serve using 12 ounce ladle.
Cheese, Parmesan	6 ounces	12 ounces	

NUTRITION INFORMATION:

1 serving = 1 ½ cups

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	270		Total Carbohydrate	30	(g)
Total Fat	11	(g)	Dietary Fiber	5	(g)
Saturated Fat	6	(g)	Added Sugars	0	(g)
Cholesterol	30	(mg)	Vitamin D	.9	(mcg)
Sodium	270	(mg)	Calcium	380	(mg)
Protein	17	(g)	Iron	1.9	(mg)

NOTES
SOURCE

Chef Samantha Gasbarro, HealthySchoolRecipes.com

