

# WGR Pasta

Component: Grain

Recipe Category:

Recipe #KSU developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		2 gal 3 qt			<p>1. Bring water and salt to a boil in a large pot. May need to increase water if preparing spaghetti. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.</p> <p>2. Melt buttery spread and then add to drained noodles.</p> <p>3. Toss to combine. Serve hot.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Salt		1 Tbsp			
WGR spaghetti	4 lb				
OR	OR				
WGR rotini	3 lb				
OR	OR				
WGR penne pasta	3 lb 4 oz				
Buttery spread		1/2 cup			
Ground black pepper		1 tsp			

# WGR Pasta

Food Component Grain

Recipe Category side dish

Recipe #

## Notes:

Nutrient information calculated using Food Processor.

Serving: ½ cup is equal to one bread/grain serving

1-2 years: 1/4 cup

3-5 years: 1/4 cup

6-18 years: 1/2 cup

## Nutrients Per Serving

<b>Calories</b>	88.58	<b>Saturated Fat</b>	0.41 g	<b>Iron</b>	0.77 mg
<b>Protein</b>	2.75 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	5.57 mg
<b>Carbohydrate</b>	15.00 g	<b>Vitamin A</b>	22.03 RAE	<b>Sodium</b>	63.24 mg
<b>Total Fat</b>	2.16 g	<b>Vitamin C</b>	0.0 mg	<b>Dietary Fiber</b>	2.19 g