

BASIC AMERICAN FOODS™

LENTIL PENNE

QUALIFIES AS A LEGUME OR M/MA*

For Schools

Serve up tasty, kid-friendly recipes with the nutrition students need and ingredients that provide maximum meal planning flexibility. Basic American Foods makes it easy to bring together deliciousness, with healthy, sustainable **plant protein pasta**.



PROTEIN
22
GRAMS

ITALIAN LENTIL PENNE PASTA SALAD

Yield: 100, 1½ cup (7.2 oz) each portions

INGREDIENTS

- 12 lb + 8 oz Lentil Penne, dry
- 2 lb + 9 oz Carrots, raw, shredded
- 4 lb + 6 oz Broccoli, fresh, chopped
- 3 lb + 12 oz Black olives, canned, sliced
- 7 lb + 11 oz Pepperoni, thawed, sliced, cut into quarters
- 3 lb + 2 oz Mozzarella cheese, lite, shredded (USDA or commercial)
- 3 qt + ½ cup Italian dressing, reduced calorie, prepared

INSTRUCTIONS

- Using a large pot, boil 12½ gallons of water. Cook pasta for 11 minutes. Stir frequently. Strain and rinse with cold water immediately.
OR: Using 2 - 12" x 20" x 4" steamtable pans, add enough hot water to cover pasta by ½-inch or more and stir. Steam uncovered 18-21 minutes (to desired tenderness), strain immediately, rinse with cold water. Cool in the refrigerator.
- Combine pasta, carrots, broccoli, olives, pepperoni, and cheese.
- Toss with dressing to coat. Serve chilled.

NUTRITION

| Cal. 378 | Fat 12g | Sat. Fat 3g | Sod. 726mg | Carb. 45g | Prot. 22g |
|--|---------|-------------|------------|-----------|-----------|
| <i>Components:</i> CREDIT AS LEGUME: 1.5 eq M/MA, ½ cup Legume, ¼ cup Dark Green, ⅓ cup Red/Orange, ⅓ cup Other or CREDIT AS M/MA: 3.5 eq M/MA, ¼ cup Dark Green, ⅓ cup Red/Orange, ⅓ cup Other | | | | | |



PROTEIN
14
GRAMS

ASIAN LENTIL PENNE PASTA SALAD

Yield: 100, 1-cup pasta salad over 1-cup spring mix blend

INGREDIENTS

- 12 lb + 8 oz Lentil Penne, dry
- 6 lb + 14 oz General Tso's Sauce
- 2 cup Apple cider vinegar
- 2 lb + 5.5 oz Snow peas, fresh, whole
- 2 lb + 3 oz Cabbage, fresh, Napa or green, shredded
- 1 lb + 5 oz Carrots, fresh, shredded
- 14 oz Green onions, fresh, chopped with tops
- 9 lb + 6 oz Spring mix with spinach

INSTRUCTIONS

- Using a large pot, boil 12½ gallons of water. Cook pasta for 11 minutes. Stir frequently. Strain and rinse with cold water immediately.
OR: Using 2 - 12" x 20" x 4" steamtable pans, add enough hot water to cover pasta by ½-inch or more and stir. Steam uncovered 18-21 minutes (to desired tenderness), strain immediately, rinse with cold water. Cool in the refrigerator.
- Whisk General Tso Sauce and apple cider vinegar to combine.
- Toss cooled pasta, snow peas, cabbage, carrots, and green onions. Fold to combine.
- Serve 1 cup Asian Lentil Penne Pasta Salad over 1 cup spring mix/spinach blend.

NUTRITION

| Cal. 293 | Fat 1g | Sat. Fat 0g | Sod. 262mg | Carb. 58g | Prot. 14g |
|---|--------|-------------|------------|-----------|-----------|
| <i>Components:</i> CREDIT AS LEGUME: ½ cup Legume, ½ cup Dark Green, ¼ cup Other | | | | | |

*Offered or topped with additional M/MA (min .25oz)



PROTEIN
20
GRAMS

LENTIL PENNE BAKED ZITI

Yield: 100, 1 cup (8 oz) each portions

INGREDIENTS

12 lb + 8 oz Lentil Penne, dry
4.5 oz Granulated garlic
14 lb + 4 oz Spaghetti sauce, meatless (USDA or commercial)
6 lb + 4 oz Mozzarella cheese, shredded (USDA or commercial)

INSTRUCTIONS

- Using a large pot, boil 12½ gallons of water. Cook pasta for 11 minutes. Stir frequently. Strain and rinse with cold water immediately.
OR: Using 2 - 12" x 20" x 4" steamtable pans, add enough hot water to cover pasta by ½-inch or more and stir. Steam uncovered 18-21 minutes (to desired tenderness), strain immediately, rinse with cold water. Cool in the refrigerator.
- Spread equal portions of pasta into 4 - 12" x 20" x 4" steamtable pans.
- Top each pan of noodles with 3 lbs 9 oz sauce, 2 Tbsp 2 tsp granulated garlic, and 12.5 oz cheese. Using a large spatula fold each pan until ingredients are combined.
- Cover remaining cheese and place in the refrigerator for later.
- Cover and bake 350° F for 45 minutes.
- Sprinkle the remaining cheese (12.5 oz each pan) over the top of each pan.
- Cook uncovered for 15 more minutes or until center reaches 165° F and cheese begins to brown.
- Serve 8 oz server or 1 cup.

NUTRITION

| | | | | | |
|----------|--------|-------------|------------|-----------|-----------|
| Cal. 305 | Fat 5g | Sat. Fat 3g | Sod. 237mg | Carb. 45g | Prot. 20g |
|----------|--------|-------------|------------|-----------|-----------|

Components: **CREDIT AS LEGUME:** .5 oz eq M/MA, ½ cup Legume, ¼ cup Red/Orange or **CREDIT AS M/MA:** 2.5 oz eq M/MA, ¼ cup Red/Orange



PROTEIN
28
GRAMS

LENTIL PENNE CHILI MAC

Yield: 100, 1¼ cup (10.7 oz) with 1 oz chips

INGREDIENTS

12 lb + 8 oz Lentil Penne, dry
25 lb 3-bean chili, JTM
9 lb + 2 oz Corn, frozen, no salt added (USDA or commercial)
12 lb + 8 oz Queso cheese sauce, JTM
6 lb + 4 oz Corn tortilla chips, whole grain

INSTRUCTIONS

- Using a large pot, boil 12½ gallons of water. Cook pasta for 11 minutes. Stir frequently. Strain and rinse with cold water immediately.
OR: Using 2 - 12" x 20" x 4" steamtable pans, add enough hot water to cover pasta by ½-inch or more and stir. Steam uncovered 18-21 minutes (to desired tenderness), strain immediately, rinse with cold water. Cool in the refrigerator.
- Add 4 lbs 12.5 oz cooked pasta, 6 lbs 4 oz chili, and 2 lbs 4.5 oz corn into each 4 - 12" x 20" x 4" steamtable pans.
- Heat queso cheese sauce according to directions.
- Fold 3 lbs 2 oz queso cheese sauce into each pan of chili-pasta mixture.
- Cover and bake 350° F for 45 minutes.
- Remove the cover and stir gently. Cover and cook for 15 more minutes or until center reaches 165° F.
- Serve 10.7oz Lentil Penne Chili Mac with 1oz tortilla chips.

NUTRITION

| | | | | | |
|----------|---------|-------------|------------|------------|-----------|
| Cal. 614 | Fat 20g | Sat. Fat 7g | Sod. 781mg | Carb. 139g | Prot. 28g |
|----------|---------|-------------|------------|------------|-----------|

Components: **CREDIT AS LEGUME:** 1 oz eq M/MA, 1 oz eq Grain, ¾ cup Legume, ¼ cup Starchy, ½ cup Red/Orange or **CREDIT AS M/MA:** 4 oz eq M/MA, 1 oz eq Grain, ¼ cup Starchy, ½ cup Red/Orange

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