

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

1. 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.
2. Combine pasta, carrots, broccoli, olives, pepperoni, and cheese.
3. Toss with dressing to coat. Serve chilled.

NUTRITION

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

1. 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.
2. Whisk General Tso Sauce and apple cider vinegar to combine.
3. Toss cooled pasta, snow peas, cabbage, carrots, and green onions. Fold to combine.
4. 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
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Components: **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
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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
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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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