

Greeny Pasta

by Joe Serna Jr. Charter School



This main dish will make your tongue say, "More for me please!" In it you will find "I didn't know they were whole wheat rotini," tossed together with lime, onions, rosemary and our secret ingredient that rhymes with mail. That's right, Kale! You must be smart.

Ingredients

6 SERVINGS

WATER,BOILING (0.50 GAL)
1 DASH of SALT, TABLE
1 ½ TSP of GARLIC, RAW
1 SMALL of SHALLOTS, FRESH (3" long)
2 CUPS of KALE, RAW CHOPPED
½ TBSP of OIL, OLIVE SALAD OR COOKING
1 TBSP of LEMON JUICE, CND OR BTLD
1/8 CUP of CHEESE,MOZZARELLA,LITE-COMMOD CUBED
1 TSP of SALT, TABLE
½ TSP of PEPPER, BLACK
WATER (1 GAL)
1 ¾ CUP of ROTINI , WHOLE WHEAT, DRY
1 TBSP of THYME, FRESH
½ CUP of CHEESE, MOZZARELLA, LITE-COMMOD SHREDDED

50 SERVINGS

WATER,BOILING (3 GAL)
1 TBSP of SALT, TABLE
3.5 TBSP of GARLIC, RAW
8 SMALL of SHALLOTS, FRESH (3" long)
KALE, RAW CHOPPED (2 LB)
¼ CUP of OIL, OLIVE SALAD OR COOKING
¼ CUP of LEMON JUICE, CND OR BTLD
1 CUP of CHEESE,MOZZARELLA,LITE-COMMOD CUBED
1 ½ TBSP of SALT, TABLE
1 TBSP of PEPPER, BLACK
WATER (4 GAL)
ROTINI , WHOLE WHEAT, DRY (3 ½ LB)
1 CUP of THYME, FRESH
CHEESE, MOZZARELLA, LITE-COMMOD SHREDDED (1 LB)

Preparation

GREENY PASTA

YIELD 6 – 2/3 CUP SERVINGS

GREEN SAUCE: THOROUGHLY WASH ALL PRODUCE.

PEEL CLOVE OF GARLIC AND SHALLOTS.

BRING LARGE POT OF WATER TO BOIL AND ADD SALT. ADD GARLIC AND SHALLOTS. BOIL FOR 2 – 3 MINUTES, STIR IN TRIMMED KALE LEAVES AND COOK FOR ANOTHER 10 SECONDS.

WORK QUICKLY USING A LARGE SLOTTED SPOON OR STRAINER TO REMOVE GARLIC, KALE AND SHALLOTS FROM BOILING WATER. *FOR BEST RESULTS DO NOT OVERCOOK.*

USING FOOD PROCESSOR; PUREE THE ABOVE INGREDIENTS ALONG WITH THE OIL, LEMON JUICE AND MOZZARELLA CHEESE. SEASON WITH PEPPER TO TASTE ALONG WITH A DASH OF SALT.

COOK PASTA: HEAT WATER TO ROLLING BOIL. SLOWLY ADD ROTINI STIR CONSTANTLY UNTILS WATER BOILS AGAIN, COOK ABOUT 18 MINUTES OR UNTIL TENDER.

DO NOT OVERCOOK. DRAIN WELL.

TOSS IMMEDIATELY WITH PUREED GREEN SAUCE; THOROUGHLY COATING PASTA.

(CCP) HOLD IN WARMER OR OVEN WITH AN INTERNAL TEMPERATURE AT 135° F. OR ABOVE UNTIL SERVING TIME FOR A MAXIMUM OF 2 HOURS.

JUST BEFORE SERVING SPRINKLE WITH FINELY CHOPPED THYME AND SHREDDED MOZZARELLA CHEESE.

SERVE 2/3 CUP (#6 SCOOPS) IN A 8 OZ. BOWL OR ON SERVING TRAY.