




# Spiral Pasta and Broccoli

Add a splash of dark-green veggies to foods we all love, spiral pasta topped with a sprinkle of shredded cheese.

**AGES:** 3–5 years  
**PREP TIME:** 15 minutes  
**COOK TIME:** 25 minutes

**CACFP CREDITING INFORMATION**

¼ cup vegetable  
½ oz eq grains 

**SOURCE**

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Wash hands with soap and water for at least 20 seconds.
Broccoli, frozen, chopped, thawed, drained	2 lb 10 oz	1 gal	5 lb 4 oz	2 gal	
Pasta, whole-wheat, spiral, uncooked	12½ oz	1 qt + ½ cup	1 lb 9 oz	2 qt + 1 cup	<b>2</b> In an extra-large nonstick pot, bring water to a boil on medium-high heat. Add pasta. Cook for 8 minutes or until al dente (soft to the touch and firm to the bite). Drain water from pasta. Rinse well with cold water.
Water		3 qt + ½ cup		1 gal + 2 qt + 1 cup	

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Margarine, <i>trans</i> fat-free		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	<p><b>3</b> Heat a medium nonstick skillet on medium-high heat. Melt margarine. Add garlic powder. Stir.</p> <p><b>4</b> Sauté thawed broccoli for 3–5 minutes or until the broccoli begins to turn brown on the tips of the crowns.</p>
Garlic powder		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Mozzarella cheese, part-skim, shredded	2 oz	½ cup	4 oz	1 cup	<p><b>5</b> Reduce heat to medium. Add cooked pasta. Stir gently. Cook for 5–7 minutes or until pasta is hot. Heat to 140 °F or higher for at least 15 seconds.</p> <p><b>6</b> Remove from heat. Add cheese. Stir.</p> <p><b>7</b> Serve ½ cup. Serve immediately, or keep warm at 140 °F or higher.</p>




**NUTRITION INFORMATION**

½ cup Spiral Pasta and Broccoli

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>67</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>26 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

**NOTES**

- **Contains milk (mozzarella cheese) and wheat (pasta).** Margarine can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (pasta) and may be included in the ingredient statements as “spice” or “flavoring.”
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

**YIELD/VOLUME**

25 Servings	50 Servings
Weight: 4 lb 1 oz	Weight: 8 lb 1 oz
Yield: 2 qt 1 cup	Yield: 1 gal 2 qt 2 cups