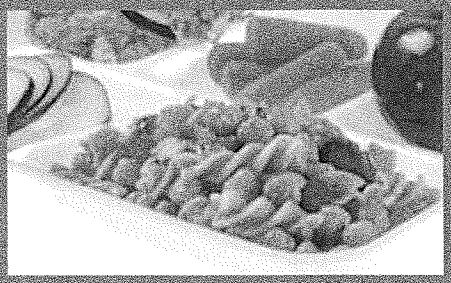
Rockin' Whole Grain Pasta with Chick Peas

60 Servings



Pasta is always a hit, and children like chickpeas, so this recipe is a sure winner.

Ingredients:
6 pounds whole grain short pasta, cooked al dente
4 gallons water
1 cup oil
½ cup oil
¾ cup garlic, chopped in oil
3 Spanish onions, medium, diced small
1 #10 can diced tomatoes, drained* or 3 quarts (12 cups) fresh tomatoes, diced
½ cup jalapenos, de-seeded and finely chopped
3 #10 cans chick peas, drain two cans leaving one can un-drained **or** 16 cups dry garbanzo beans (32 cups cooked) plus 2 cups retained cooking water (or more as needed).
3 bunches basil, fresh
½ teaspoon salt
¼ teaspoon black pepper

Suggested garnish for pasta: Sauteed kale, pesto sauce, roasted broccoli or roasted peppers and onions

*For an enhanced flavor drain diced tomatoes well, coat with oil, sprinkle with a little salt and garlic powder, and roast in a 350 Fahrenheit oven for 20 minutes. Follow the rest of the recipe. Can be done the day ahead.

Preparation:
1. Cook pasta, drain well, coat with 1 cup of oil and cover to hold hot.
2. Heat ½ cup oil to medium high heat.
3. Add garlic, stir but do not brown.
4. Add diced onion, diced tomato and jalapenos.
5. Add all chick peas, including the liquid from the one can.
6. Simmer on medium low for 10 minutes or until heated through.
7. Stir in freshly chopped basil.
8. Adjust seasoning with salt and black pepper.

For one serving: 6 ounces whole grain pasta with chick peas for elementary and high school (two 3 ounce spoodles).

Nutrition Information:
Calories: 380
Total fat: 8.2 grams
Saturated fat: 1.2 grams
Trans fat: 0.0 grams
Protein: 6.3 grams
Sodium: 412 milligrams
Cholesterol: 0 milligrams

Contributes to NSLP meal pattern: 2 M/MA; ¼ cup Vegetable; ¾ cup Grain/Bread