



Recipe Production

Recipe Number: FS061

Recipe Name: VEGETABLE ALFREDO PASTA 9-12

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 10 oz weight or 1 cup volume

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	10 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3528	PASTA PENNE WG 2/10 LB	9	Pound	6	Ounce	(Unassigned)
1203	FLOUR AP 50 LB	2	Pound	5 1/3	Ounce	(Unassigned)
1501	BUTTER SOLID UNSLTD	2	Pound	5 1/3	Ounce	(Unassigned)
1535	MILK, 1%, LOWFAT	4	Gal.	1 1/3	Pint	(Unassigned)
1011	SALT KOSHER 12/3 LB	5	Tbsp	1	tsp	(Unassigned)
1509	CHEESE PARM 6/5 LB	5	Pound	9 1/3	Ounce	(Unassigned)
SI703	ROASTED GARLIC	1	Pound	5 1/3	Ounce	(Unassigned)
2521	BROCCOLI CROWNS 20 LB	6	Pound	9 1/3	Ounce	(Unassigned)
2594	SQUASH YELLOW SUMMER 20 LB	9	Pound			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Broccoli yields 81%
 Yellow squash yields 83%

Preparation Instructions

Roast garlic using separate recipe.
 Make bechamel - melt butter, add flour and cook to a blonde roux. Add milk and 1/2 of the salt. Burr mix to incorporate. Cook for 45 min. Add parmesan and roasted garlic and burr mix again.
 Cool sauce according to HACCP.
 Cook pasta - boil water with second half of salt and cook for only 2 minutes. Shock and keep cold.
 Wash and cut veggies - small dice on squash, bite size florets on broccoli. Mix veggies together.
 Briefly steam and shock.
 Assembly = 1 gallon sauce/3 lbs. pasta per hotel pan.
 Send veggies on the side 2.5 lb. per pan (1 lb. broccoli and 1.5 lb. squash)
 18 portions per secondary pan.

Serving Instructions

Reheat for 45 min at 350 degrees. Fold in veggies AFTER the pasta dish has been cooked. This will help the dish retain its color.
 Serving size = secondary - 8 oz spoodle/10 oz weight.



Recipe Production

Recipe Number: FS061

Recipe Name: VEGETABLE ALFREDO PASTA 9-12

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	48,572.8122	153.7328	485.7281		
Saturated Fat	g	1,148.4371	3.6348	11.4844	21.28	
Sodium	mg	86,816.1041	274.7727	868.1610		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	2,079.7177	6.5823	20.7972	38.53	
Cholesterol	mg	5,160.2578	16.3322	51.6026		
Carbohydrate	g	5,377.0985	17.0185	53.7710	44.28	
Total Dietary Fiber	g	581.6435	1.8409	5.8164		
Protein	g	2,516.4322	7.9645	25.1643	20.72	
Vitamin A (RE)	RE	26,584.7338	84.1406	265.8473		
Vitamin A (IU)	IU	100,596.1808	318.3866	1,005.9618		
Vitamin C	mg	2,941.5511	9.3100	29.4155		
Calcium	mg	56,183.7202	177.8213	561.8372		
Iron	mg	267.5200	0.8467	2.6752		
Moisture	g	21,088.7727	66.7459	210.8877		
Ash	g	569.7320	1.8032	5.6973		

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3528	PASTA PENNE WG 2/10 LB	1.00	(Unassigned)	0	0.94	BOX (10 LB)	/
1203	FLOUR AP 50 LB	1.00	(Unassigned)	2	0.33	LB	/
1501	BUTTER SOLID UNSLTD	1.00	(Unassigned)	2	0.33	LB	/
1535	MILK, 1%, LOWFAT	1.00	(Unassigned)	4	0.17	GAL	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.07	BOX (3 LB)	/
1509	CHEESE PARM 6/5 LB	1.00	(Unassigned)	5	0.58	LB	/
SI703	ROASTED GARLIC	1.00	(Unassigned)	1	0.94	1 EACH	/
2521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	6	0.58	LB	/
2594	SQUASH YELLOW SUMMER 20 LI	1.00	(Unassigned)	9	0.00	LB	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: