

# Chic' Penne

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 6 Servings

This whole-wheat pasta dish is bright and fun with fresh broccoli, chicken, and melted cheese that is sure to please.

## Ingredients

- 3 cups Penne pasta, whole-wheat, dry (12 oz)
- 1 teaspoon Granulated Garlic (1/2 tsp Garlic Powder)
- 2 cups Fresh broccoli florets
- 1 cup Cooked diced chicken, 1/2" pieces (4 oz)
- 1 1/2 cups Fat-free half and half
- 1 tablespoon Enriched all-purpose flour
- 1/8 cup low-sodium chicken broth
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup reduced-fat cheddar cheese, shredded (2 oz)
- 1/2 cup Low-fat mozzarella cheese, low-moisture, part-skim, shredded (2 oz)

## Directions

1. Preheat oven to 350 °F.
2. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered for 8-10 minutes or until tender. Do not overcook. Drain well. Toss pasta with 1/2 teaspoon garlic.
3. Fill a medium pot with water and bring to a boil. Add broccoli florets and cook for 5 minutes. Drain well. Sprinkle with remaining garlic.



## Nutrition Information

| Key Nutrients  | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 300    |                |
| Total Fat      | 6 g    |                |
| Protein        | 19 g   |                |
| Carbohydrates  | 44 g   |                |
| Dietary Fiber  | 6 g    |                |
| Saturated Fat  | 2 g    |                |
| Sodium         | 418 mg |                |

## MyPlate Food Groups

|               |          |
|---------------|----------|
| Vegetables    | 1/4 cup  |
| Grains        | 2 ounces |
| Protein Foods | 1 ounce  |

4. Transfer pasta and broccoli to a medium casserole dish (about 8" x 11") coated with nonstick cooking spray. Add chicken. Mix well.
5. In a small mixing bowl, mix ½ cup half and half with flour. Whisk to remove lumps.
6. In a medium skillet, heat chicken broth, salt, pepper, and remaining half and half. Stir constantly. Stir in half and half/flour mixture. Stir constantly and bring to a boil.
7. Reduce heat to low. Stir frequently for 5 minutes. Sauce will thicken. Add cheese and stir until cheese melts. Remove from heat. Pour sauce over broccoli/pasta mixture.
8. Cover casserole dish with lid or with foil. Bake at 350 °F for 8 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Remove from oven. Serve hot.

## Notes

### **Our Story**

The Winograd K-8 Elementary School team started the recipe creation discussing all the foods eligible for the competition. Then, they wrote down what each team member liked to eat. After a couple of test runs of basic dishes, they ended up with a tasty dish called Chic' Penne. Not found at your local fast food restaurant, Chic' Penne has a little hint of black pepper and is anything but ordinary. By combining the best ingredients, this recipe produces a dish that not only looks good, but tastes good too! This main dish will be an instant hit with your children.

### **Winograd K-8 Elementary School**

Greeley, Colorado

### **School Team Members**

**School Nutrition Professional:** Kara Sample, RD, SNS

**Chef:** Amanda Smith

**Community Member:** Emily Wigington (AmeriCorps VISTA Volunteer)

**Students:** Jace K., Bethany V., Abraham A., and Amairani P.

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