

Cooking portion – Student Handout

Menu: **Baked Penne Pasta**
 Green Bean Side

Game plan

- Pre-heat oven to 400°F.
- Prepare vegetables for both recipes
- Boil water, cook pasta
- While pasta is cooking, brown meat and make sauce
- Mix ricotta with egg
- Mix all together, bake
- Bring pot of water to boil for beans
- Cook beans and prepare beans while pasta is cooking
- Plate and serve as directed.

Recipe

Baked Penne Pasta

Serves 6

Ingredients

- ¾ lb Penne pasta
- ½ lb Ground turkey or hamburger
- 2 Tbsp olive oil
- 2 cloves garlic
- ½ tsp crushed red pepper flakes
- 1 14 ½ oz can diced tomatoes (or 1 lb fresh tomatoes)
- 1 8oz can tomato sauce
- 1 large egg
- ½ cup Ricotta cheese
- ¼ cup sliced ripe olives
- 2 Tbsp Parsley, chopped
- ¼ cup parmesan cheese, grated
- Salt and pepper to taste (1/8 tsp to start)

Directions

1. Preheat oven to 400°
2. Grease a 3 quart baking dish; set aside
3. Bring 6 quarts of water to boil.
4. Meanwhile, heat a large pan on medium heat
5. Add olive oil

6. Add ground meat and sauté ground meat until browned (3-5 minutes)
7. Add garlic and sauté 1 minute more
8. Add red pepper flakes, diced tomatoes, tomato sauce, olives, salt and pepper. Turn down stove, simmer 10 minutes.
9. When water is boiling, add the pasta and cook per package instructions, usually about 12 -15 minutes. Then drain in a colander and set aside until ready to use.
10. Add parsley to meat sauce and taste for seasoning.
11. In a large bowl, whisk egg into ricotta.
12. Stir in meat sauce; set aside
13. Add pasta to meat and ricotta mixture. Spoon into baking dish; top with parmesan cheese.
14. Bake for 15 minutes in a pre-heated oven. (Note: this can be prepared to this point and refrigerated overnight – then reheat for 45 minutes)

Nutritional Values

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	400		
Total Fat	14	g	22%
Saturated Fat	4.5	g	22%
Trans Fat	0	g	
Cholesterol	80	mg	27%
Sodium	270	mg	11%
Carbohydrates	49	g	16%
Dietary Fiber	4	g	16%
Sugars	2	g	
Protein	20	g	
Vitamin A		IU	20%
Vitamin C		mg	15%
Calcium		mg	10%
Iron		mg	10%

% Daily Values are based on a 2000 calorie diet

Italian-style Green Beans

Serves 6

The trick to tasty green beans is to choose beans that are smaller, bright green and firm. Larger beans that are not firm will be stringy and tough. Make sure to cook them just until they are tender but still a little firm.

Ingredients

- 1 lb green beans
- 2 Tbsp olive oil
- 1 clove garlic, minced (optional)
- 2 Tbsp fresh herbs, minced (optional)
- Salt and pepper to taste (1/8 tsp of each to start)

Directions

1. Break off ends of beans and rinse in cold water.
2. Bring 3 quarts of water to a boil in a 4-5 quart pot.
3. Add the beans and pour in additional water if the beans are not completely covered.
Cook until tender but still firm, about 4–5 minutes.
4. Drain the beans and place in a serving bowl.
5. Drizzle with olive oil and sprinkle with garlic, herbs, and salt and pepper.

Nutritional Values

Nutrient name	Nutrient value	Unit	% Daily value
Calories	60		
Total Fat	4.5	g	7%
Saturated Fat	0.5	g	2%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	55	mg	2%
Carbohydrates	5	g	2%
Dietary Fiber	3	g	12%
Sugars	1	g	
Protein	1	g	
Vitamin A		IU	10%