SCHOOL NUTRITION ASSOCIATION
ANNUAL NATIONAL CONFERENCE

Culinary Demonstration

Wednesday, July 13, 2011

Brought to you by ConAgra Mills

Rotini Bolognese

INGREDIENTS

- Extra-virgin olive oil
- 3 cloves of garlic, peeled and finely minced
- 1 medium onion, peeled and finely chopped
- 1/2 green bell pepper, seeded and finely diced
- 1 pound of ground beef
- 1/2 teaspoon dried oregano
- 1/4 teaspoon diced thyme
- Salt and pepper to taste
- 2 cups canned crushed tomatoes
- 1/4 cup tomato paste
- 1 cup milk
- 1/4 cup parsley
- 1 tablespoon basil
- 16 ounces **Ultragrain Pasta™ – Rotini (or preferred Ultragrain Pasta shape)**
- Parmesan cheese (optional)

DIRECTIONS

Heat a two count of olive oil in a large nonstick pan over medium-high heat. Add the garlic, onion, and bell pepper. Cook until the vegetables are tender, 6 to 8 mins. Add the ground beef, oregano, and thyme. Cook meat, breaking up the clumps with a spoon until browned. Season with salt and pepper. Reduce heat, cover and simmer for 15 to 20 minutes.

Transfer meat to colander to drain, then return to pan. Add the tomatoes and tomato paste. Stir well, simmer covered for 25 to 30 minutes, stirring every 8 to 10 minutes. Add milk and simmer until thickened. Stir in parsley and basil.

Fill a pot with water. Add 2 pinches of salt and olive oil. Bring water to a boil. Add the pasta and cook until al dente, about 7-8 minutes. Drain well, and place rotini into a large bowl. Pour meat sauce over rotini and toss. Garnish lightly with parmesan cheese, if desired.

23 g Whole Grain
5 g Fiber 20% DV
per serving

Serves 4 to 6
Recipe by Chef Jeff Henderson

Nutrition Facts

Serving Size (250g)
Servings Per Container

Amount Per Serving	
Calories 280	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 410mg	**17%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 5g	**20%**
Sugars 3g	
Protein 17g	
Vitamin A 15% • Vitamin C 25%	
Calcium 8% • Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

ULTRAGRAIN
Sustagrain
ULTRAGRAIN PASTA
ConAgra Mills

9-Grain Orzo Pasta Salad

19 g Whole Grain 4 g Fiber 16% DV per serving

INGREDIENTS

- 16 ounces **Ultragrain Pasta™ – 9-Grain Orzo**
- 1/2 cup carrots (fresh or frozen)
- 1/2 cup peas (fresh or frozen)
- 1/2 cup halved cherry tomatoes
- 1/2 cup Italian dressing
- Salt and pepper to taste

DIRECTIONS

Cook orzo according to directions on package. Drain, transfer to large serving bowl. Set aside to cool.

Steam vegetables in boiling water for 3 minutes, cold shock, and drain. Combine vegetables and pasta. Pour dressing over salad. Toss well to coat. Lightly season with salt and pepper.

Serves 6
Recipe by Chef Jeff Henderson

Nutrition Facts
Serving Size (112g)
Servings Per Container

Amount Per Serving	
Calories 150	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 6g	

Vitamin A 20% • Vitamin C 4%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Whole Multigrain Chocolate Chip Cookies

30 g Whole Grain 2 g Fiber 8% DV per serving

INGREDIENTS

- 2/3 cup butter, softened
- 1/2 cup sugar
- 1/4 cup brown sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 2 eggs
- 2/3 cup canola oil
- 1 teaspoon vanilla
- 1-1/4 cups **Ultragrain® Hard Whole Wheat Flour**
- 1 cup **Sustagrain® Flakes**
- 1 cup rolled oats
- 2 cups chocolate chips

DIRECTIONS

Preheat oven to 350°F. In a large mixing bowl beat butter until fluffy. Add sugars, baking soda and cinnamon; mix until combined. Add egg, oil, and vanilla. Slowly add flour, oats and chocolate.

Drop dough by the tablespoon on an ungreased cookie sheet about 1 inch apart. Bake about 10 minutes or until golden brown. Cool for 2 minutes on sheet, then transfer to cooling rack and cool completely. Let cookie sheet cool for a few minutes before baking another batch.

Store in an airtight container up to 3 days, or freeze for up to 3 months.

Makes 35 cookies
Recipe by Chef Jeff Henderson

Nutrition Facts
Serving Size (33g)
Servings Per Container

Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 25mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 2g	

Vitamin A 2% • Vitamin C 0%
Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about Ultragrain, Ultragrain Pasta, or Sustagrain, visit **conagramills.com.**
To order, contact JM Swank at **jmswank.com** or call **(866) 717-9265.**

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