



Garlic and Red Pepper Penne

Recipe adapted from "Food for Fifty, 14th Edition."

Packed with flavorful ingredients.

Prep time: 15 minutes

Cook time: 20 minutes

Yield: 100 servings

Portion size: 4 oz.

Ingredients:

- 12 lb. penne whole wheat
- 12 gal. water
- 1/4 cup oil
- 1 tbsp. crushed red pepper
- 12 oz. garlic cloves, minced
- 1/4 cup basil, dried
- 2 cup fresh parsley, chopped
- 2 tsp. salt

Directions:

1. Cook pasta
 - a. Bring water to a rapid boil.
 - b. Add pasta gradually while stirring.
 - c. Cook uncovered at a fast boil until tender but firm (al dente), 5-10 minutes.
 - d. Stir occasionally to prevent sticking. Test for doneness. Drain.
 - e. Add half of the oil on drained pasta. Mix well.
2. Sauté pasta
 - a. Sauté pepper, garlic, and basil with the remaining oil.
 - b. Mix with drained pasta.
 - c. Add parsley and salt to pasta. Toss to mix.

Nutrition Information per serving:

 Fulfills one serving of whole grains

Calories	Carbohydrates	Protein	Fat	Sodium	Fiber
112.5 kcal	15 g	2.7g	4.3 g	61.5 mg	1 g

*Estimated nutritional value