

Poppin' Pasta

Makes: 14 or 56 Servings

14 Servings

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Ingredients	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken, boneless, skinless, diced	2 lbs		8 lbs	
Pasta, whole grain		2 1/2 cups		10 cups
Broccoli, frozen, chopped		1 1/2 cups		6 cups
Tomatoes, chopped		2 cups		8 cups
Pepper, black		2 Tbsp		1/2 cup
Garlic		2 Tbsp		1/2 cup
Lemon juice		1 lemon		4 lemons
Oregano, ground		2 Tbsp		1/2 cup
Olive oil		2 Tbsp		1/2 cup

Nutrition Information

Nutrients	Amount
Calories	244
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	205 mg
Total Carbohydrate	26 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Cook pasta according to package directions. Drain.
2. Heat olive oil over medium heat in skillet.
3. Cut chicken into bite-size pieces.
4. Add spices and lemon juice to oil.
5. Add chicken and cook until no longer pink inside.
6. Add vegetables to chicken and cook until they are tender.
7. Add vegetable and chicken mixture to pasta.

Notes

Serving Tips:

This dish can also be made with mixed canned or frozen vegetables. Choose different shapes of pasta to make the dish appealing for kids.

Source: Improving Nutrition and Physical Activity Quality in Delaware Child Care