

WGR Parsley Noodles

Recipe Component Grain

Recipe Category: Side dish

Recipe #KSU developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 3 qt			<p>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. Drain and set aside.</p> <p>2. Melt butter spread and then add garlic powder to melted spread. Mix well then add to drained noodles.</p> <p>3. Add parsley to noodle mixture.</p> <p>4. Toss to combine. Serve hot</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Salt		1 Tbsp			
WGR fettucine or linguini noodles	4 lb 13 oz				
Buttery spread		¾ cup			
Garlic powder		4 ½ tsp			
Ground black pepper		1 tsp			
Finely chopped dried parsley		¾ cup			

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Notes:

Nutrient information calculated using Food Processor.

Serving: ½ cup is equal to one grain serving.

1-2 years: ¼ cup

3-5 years: ¼ cup

6-18 years: ½ cup

Nutrients Per Serving

Calories	111.77	Saturated Fat	0.61 g	Iron	1.02 mg
Protein	3.44 g	Cholesterol	0 mg	Calcium	10.99 mg
Carbohydrate	18.32 g	Vitamin A	33.40 RAE mcg	Sodium	72.23mg
Total Fat	3.04 g	Vitamin C	0.45 mg	Dietary Fiber	2.74 g