

Student Choice Broccoli and Pasta

by Glens Falls High School



This **main dish** voted #1 by students combines their favorite veggie and form of food. Broccoli and Pasta, flung with roasted Butternut Squash and Great Northern Beans into a yummy Cheese Sauce and topped with Roasted Breadcrumbs and Rosemary, and **Voila! The Student Choice!**

Ingredients

6 SERVINGS

- 1 cup of Pasta, penne (8 oz)
- 1 cup of Broccoli florets, frozen (8 oz)
- 2 cups of Butternut Squash, peeled and diced (1 lb)
- 2 cups of Great Northern Beans, canned (1 lb)
- 1 Tbsp of Flour
- 1 Tbsp of Butter
- 3/4 cup of Milk (6 oz)
- 3/8 cup of Swiss Cheese, shredded (3 oz)
- 1 & 1/2 Tbsp of Parmesan Cheese, grated
- 1/4 tsp of Rosemary, freshly chopped or dried
- 1/4 cup of Bread Crumbs, toasted (2 oz)
- 1/2 Tbsp of Garlic, sliced
- 1 tsp of Crushed Red Pepper, flakes
- 1/4 tsp of Salt
- 1 Tbsp of Vegetable Oil

50 SERVINGS

- 8 cups of Pasta, penne (4 lbs)
- 8 cups of Broccoli florets, frozen (4 lbs)
- 16 cups of Butternut Squash, peeled and diced (8 lbs)
- 16 cups of Great Northern Beans, canned (8 lbs)
- 1/2 cup of Flour (4 oz)
- 1/2 cup of Butter (4 oz)
- 6 cups of Milk (48 oz)
- 3 cups of Swiss Cheese, shredded (24 oz)
- 1 cup of Parmesan Cheese, grated (8 oz)
- 1 Tbsp of Rosemary, freshly chopped or dried
- 2 cups of Bread Crumbs, toasted (16 oz)
- 1/4 cup of Garlic, sliced (2 oz)
- 2 Tbsp of Crushed Red Pepper, flakes
- 2 tsp of Salt
- 1/2 cup of Vegetable Oil (4 oz)

Preparation

Par cook penne pasta for 3/4 of the suggested time on package. Drain, put aside. (4 qt pot for 6 servings, 8 gallon pot for 50)

Toss butternut squash with garlic, crushed red pepper, vegetable oil and salt. Place in 350 degree oven until fork tender, about 25 minutes. (1/4 size sheet pan for 6 servings, 3 full size sheet pans for 50)

Allow squash to cool, add to pasta.

Thaw frozen broccoli. Drain and add to pasta.

Drain beans and add to pasta.

Mornay Sauce:

Melt butter in a heavy saucepan over low heat. Add flour and cook slowly for about 2 minutes, stirring. Remove from heat before browning.

Add the milk in stages whisking until smooth. Return to heat and boil for about 1 minute over medium high heat.

Add swiss cheese and one half of the parmesan. Stir until evenly incorporated.

Gently mix all mornay sauce into pasta mixture and place in hotel pan (use 2 x 2.5 inch steam table pans for 50 servings and 1/4 steam table pan for 6 servings)

Mix rosemary, bread crumbs and remaining parmesan in separate bowl.

Spread bread crumbs mixture over pasta.

Bake at 350 degrees until golden brown, about 15 minutes.

Optional: Garnish with chopped fresh parsley.

Serve and Enjoy.