

BASIC AMERICAN FOODS™

# LENTIL PENNE

A delicious, versatile pasta **packed with plant protein** for your K-12 menu.



Serve up tasty, kid-friendly meals packed with the **nutrition students need**, without any of the stuff they don't. Basic American Foods makes it easy to bring together deliciousness with healthy, sustainable plant protein.



**For Schools**

BASIC AMERICAN FOODS™

# LENTIL PENNE

plant protein for schools



## DELICIOUS PASTA PACKED WITH PLANT PROTEIN

- 6 gr protein per serving\*
- Better for students, the planet and the menu vs animal protein

*\*per 2 M/MA or 1/2 cup legume credit*

## CLEAN LABEL, PLANT-BASED INGREDIENTS

- 3 Simple Ingredients: Red lentil flour, white rice, pea protein
- Gluten free; free of big-8 allergens; vegan/vegetarian; very low sodium; kosher pareve OU
- No artificial colors, flavors or preservatives

## SERVE UP VALUE AND NUTRITION WITH EVERY SERVING

- Meets multiple meal pattern contributions
- Value compared to animal protein and other legumes

### Meat/Meat Alternate

*Must be offered with or topped with additional M/MA (minimum .25oz)*

1 M/MA: 1.24 oz

2 M/MA: 2.44 oz (about a #6 scoop pasta)

### Vegetable/Legume

1/4 cup Veg/Bean/Pea: 1.53 oz

1/2 cup Veg/Bean/Pea: 3.06 oz (about a #6 scoop pasta)

## MENU VARIETY TO BOOST PARTICIPATION

- Create traditional pasta entrees, creative pasta salads, noodle bowls and more
- Pairs well with a variety of kid-friendly sauces: marinara, cheese, alfredo, queso, pesto
- Works well hot or cold

## RECOMMENDED PREPARATION

### COOK TO SERVE

- 1 Using a large pot, boil pasta 10-14 minutes (to desired tenderness).
- 2 Turn down heat to reduce foaming and **stir frequently**, strain immediately, serve or hold hot at 145-165°F in oil or sauce.



SKU 10847 2/ 5 lb bags

### PAR-COOK

- 1 Using a large pot, boil pasta 5-7 minutes (to desired tenderness) for batches 1-10 lbs (7-9 min for batches 10+ lbs).
- 2 Turn down heat to reduce foaming and **stir frequently**, strain immediately, chill in ice bath, toss in oil and refrigerate.\*\*

**Re-Heat (Boil):** In large pot, boil 1 minute, strain immediately, serve or hold hot at 145-165°F in oil or sauce.

**Re-Heat (Steam):** In a perforated pan, steam 30-90 seconds, serve or hold hot at 145-165°F in oil or sauce.

*\*\*If chilling using refrigerator only, toss in oil and refrigerate on sheet pans in single layer*

## TIPS

### DO'S:

- Use proper ratio of water to pasta: 1 gallon water : 1 lb of dry pasta
- Leave enough head space (1/3 height of the pot)
- Use proper ratio of sauce or oil to pasta when holding:  
2 cups sauce : 1 lb dry pasta  
1/4 cup oil : 1 lb dry pasta

### DONT'S:

- Use the fishing method to strain pasta
- Cook multiple batches in the same water
- Microwave pasta from dry



## BE A SCHOOL LUNCH HERO

Ready to save the day, every day with delicious, nutritious plant protein foods from Basic American Foods? Get more information and find your local BAF Sales Associate at [bafoodservice.com/k12](http://bafoodservice.com/k12).

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