

Recipe Name: Angel Hair Pasta with Fresh Vegetables

Recipe Category: Side Dish

Portion Size: 1 cup

Ingredients: Yields: 8 servings

Ingredients	Notes:
1 pound package of angel hair pasta	May use whole grain.
2 tablespoons oil	
1 large zucchini	Washed, halved and sliced
1 large yellow squash	Washed, halved and sliced
1 teaspoon garlic powder	
1 tablespoon basil	
½ cup reduced fat parmesan cheese	Shredded
2 large tomatoes	Washed, trimmed and chopped

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Cook pasta according to directions on package.	Cook until internal temperature reaches 135°F.
2	Drain.	
3	In a large pan, heat oil until hot.	
4	Add zucchini, squash and garlic.	
5	Cook until slightly tender, about 3 minutes.	
6	Add tomatoes and basil; mix well.	
7	Cook for 5 minutes.	
8	Toss vegetables with pasta.	
9	Serve hot.	
10	Garnish with parmesan cheese.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with broth as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to mixing. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Serve ½ cup serving puree pasta and puree vegetables separately.

Therapeutic Modified Diets:

Lowfat: No changes needed.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed.

Bland/Anti Reflux: Omit garlic and tomatoes.

Liberal House Renal: Omit cheese and tomatoes.

No Added Salt: No changes needed.

2 Gram Sodium: Omit cheese.

Gluten Free: Use GF angel hair pasta. Prepare separately to prevent cross contamination

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X				

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free

