

# Popeye Pasta Bake

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Penne or Rotini, dry, whole grain rich	3 lb 2 oz		6 lb 4 oz	
Frozen spinach, thawed and drained	3 lb		6 lb	
Tofu, firm	13 lb 12 oz		27 lb 8 oz	
Sugar		¾ cup		1 ½ cups
Soy Milk		1 pint + 1 cup		1 quart + 1 pint
Lemon Juice		1 cup		2 cups
Garlic powder		1/8 cup		1/3 cup
Basil, fresh, minced OR Basil, dried		¾ cup		1 ½ cups (3/4 cup)
Salt		¼ cup		½ cup
Tomato Sauce, canned		2 - #10 can 1 ½ gal + 2 ½ cups		4 - #10 can 3 gal + 1 ¼ qt
Bread Crumbs (optional)		1 ½ cups		3 cups

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Preheat oven to 325°F; cook pasta al dente.
2. Squeeze the spinach dry to remove liquid.
3. Combine tofu, sugar, soy milk, garlic powder, basil and salt in blender or VCM. Blend until all items are combined; the tofu should resemble a feta or ricotta consistency.
4. Add spinach, half of the tomato sauce and cooked pasta to tofu mixture. Stir to distribute evenly.
5. In four steam table pans (12"x20"x4"), per 100 servings, lightly coat with pan release spray.
6. Spread ½ of remaining tomato sauce on bottom of each pan.
7. Divide pasta mixture evenly between four pans. Top each pan with an even amount of tomato sauce and bread crumbs.
8. Tightly cover pans with foil and bake for 45 minutes. Heat to a temperature of 150°F for 15 seconds.
9. Remove from oven and uncover.

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

\*For a 1 meat/meat alternate use half of the tofu listed in ingredients.

Cut each pan 5 x 5 for serving or 2-#8 scoops per serving.

Each serving provides 2 meat/meat alternates, 1 oz equivalent grains, and ½ cup red/orange vegetable.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 327 Total Fat: 13g Saturated Fat: 2g Carbohydrate: 30g (9g fiber) Protein: 27g Sodium: 622mg