



## CRUNCHY PASTA CHIPS

October 17

National Pasta Day

### INGREDIENTS

- 8 Ounces Small Pasta (enriched or whole grain rich)
- 2 Tablespoons Extra Virgin Olive Oil
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder (optional)
- 1 Teaspoon Italian Seasoning (optional)
- Marinara Sauce or Ranch Dressing (optional; for dipping)

### DIRECTIONS

1. Cook the pasta in salted boiling water for 8-10 minutes until al dente. Drain and cool slightly.
2. In a large bowl, toss the warm pasta with olive oil, salt, and any additional seasonings until evenly coated.
3. Preheat your oven to 400° and line a baking sheet with parchment paper. Spread the seasoned pasta in an even layer.
4. Bake for 20-25 minutes until golden brown and crispy, monitoring to prevent burning.
5. Let cool slightly before serving warm with marinara sauce or ranch dressing.

### MEAL PATTERN CONTRIBUTION

 Grain

### MEAL TYPE

 Snack

### YIELD

6 Cups

### PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|---------|-----------|------------|-------|
| ¼ Cup   | ¼ Cup     | ½ Cup      | ½ Cup |