

Pasta-Vegetable Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 qt 2 cups		1 gal 1 qt	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp		2 Tbsp	
Pasta spirals or shells	12 oz	1 qt	1 lb 8 oz	2 qt	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8 to 10 minutes. DO NOT OVERCOOK. Drain well.
Frozen mixed vegetables, thawed and drained OR	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	3. Add mixed vegetables, broccoli, and pepper. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly.
Canned mixed vegetables, drained	13 oz	2 1/4 cups	1 lb 10 oz	1 qt 1/2 cup	4. CCP Cool to 41 degrees F or lower within 4 hours. Cover. Refrigerate until ready to serve.
Frozen chopped broccoli, thawed and drained	11 oz	1 1/2 cups 2 Tbsp	1 lb 6 oz	3 1/4 cups	5. Mix lightly before serving.
Black or white pepper		1/2 tsp		1 tsp	6. Portion with No. 10 scoop (3/8 cup).
Italian Dressing (see E-17)		1 cup		2 cups	

SERVING:	YIELD:	VOLUME:
3/8 cup (No. 10 scoop) provides 1/8 cup of vegetable and the equivalent of 1/2 slice of bread	25 Servings: 2 qt 2 cups (approximately) 50 Servings: 1 gal 1 qt (approximately)	25 Servings: 50 Servings:

Nutrients Per Serving			
Calories	126	Saturated Fat	1.0 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	14 g	Vitamin A	118 RE/1180 IU
Total Fat	6.9 g	Vitamin C	9 mg
		Iron	.8 mg
		Calcium	15 mg
		Sodium	83 mg
		Dietary Fiber	2 g