

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Elbow macaroni	12 oz	1 qt	1 lb 8 oz	2 qt	1. Cook pasta in boiling water until tender but still firm (al dente), about 10 minutes. Drain and toss with vegetable oil in a large bowl. Cool to room temperature, stirring occasionally.
Vegetable oil		1/4 cup		1/2 cup	
*Fresh broccoli florets	1 lb 10 oz	2 qt 2 cups	3 lb 4 oz	1 gal 1 qt	2. Cook broccoli in steamer for 2 to 3 minutes until just tender. Quickly cool in ice water and drain.
*Fresh carrots, peeled, shredded	7 oz	1 1/2 cups	14 oz	3 cups	
Lowfat mozzarella cheese, 1/2" cubes	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt	3. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly.
Prepared mustard		1 tsp		2 tsp	
Vinegar		1/4 cup		1/2 cup	4. In a bowl, whisk together mustard, vinegar, garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil.
Garlic powder		1 tsp		2 tsp	
Dried, minced chives		1 tsp		2 tsp	5. Pour dressing over pasta and vegetables and mix thoroughly.
Dry basil leaves		1 tsp		2 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	6. Chill. Refrigerate until ready to serve.
Salt		1 tsp		2 tsp	
Black pepper		1/2 tsp		1 tsp	6. Chill. Refrigerate until ready to serve.
Vegetable oil		1 cup		2 cups	
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Broccoli	2 lb	4 lb
Carrots	10 oz	1 lb 4 oz

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SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 3/4 oz of cheese, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread	25 Servings: 5 lb 14 oz 50 Servings: 11 lb 12 oz	25 Servings: 1 gal 50 Servings: 2 gal

Nutrients Per Serving			
Calories	214	Saturated Fat	3.9 g
Protein	8 g	Cholesterol	12 mg
Carbohydrate	13 g	Vitamin A	319 RE/2930 IU
Total Fat	14.7 g	Vitamin C	25 mg
		Iron	.9 mg
		Calcium	161 mg
		Sodium	207 mg
		Dietary Fiber	2 g