



Pasta Salad

USDA Recipe for Schools

This pasta salad is a healthy and delicious combination of fresh vegetables and pasta.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/4 cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal 1 qt 2 cups		2 gal 3 qt	1 Heat water to a rolling boil. 2 Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4. 3 Dressing: Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well. Set aside for step 5.
Enriched tri-color pasta	3 lb 2 oz	1 gal 2 qt 1 3/4 cups 1 Tbsp 1 tsp	6 lb 4 oz	3 gal 3 1/2 cups 2 Tbsp 2 tsp	
Canola oil		1 cup		2 cups	
Apple cider vinegar		3 1/2 cups		1 qt 3 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black or white pepper, ground		1 tsp		2 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Sugar	1 lb 12 oz	3½ cups	3 lb 8 oz	1 qt 3 cups	
Parsley, dried		2¼ tsp		1 Tbsp 1½ tsp	
Mustard, ground		2 tsp		1 Tbsp 1 tsp	
*Green bell peppers, fresh, diced	8 oz	1½ cups	1 lb	3 cups	4 Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.
*Green onions, fresh, chopped	8 oz	1 cup 3 Tbsp	1 lb	2¼ cups 2 Tbsp	
*Cherry tomatoes, fresh, halved	4 lb	2 qt 3 cups	8 lb	1 gal 1 qt 2 cups	
*Cucumbers, fresh, peeled, diced	2 lb 8 oz	1 qt 3 cups	5 lb	3 qt 2 cups	
*Broccoli florets, fresh	1 lb 6 oz	2 qt 1¾ cups 2¼ tsp	2 lb 12 oz	1 gal 3½ cups 1 Tbsp 1½ tsp	
					5 Pour the dressing over the vegetable and pasta mixture. Stir well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>6 Transfer 1 gal 2 qt (about 10 lb 6 oz) pasta salad to a steam table pan (12" x 20" x 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>7 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p>8 Critical Control Point: Hold at 41 °F or below.</p>
					<p>9 Portion with 8 fl oz spoodle (1 cup).</p>



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	140
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	196 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	0 IU
Calcium	18 mg
Iron	1 mg
Potassium	201 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Green onions	10 oz	1 lb 4 oz
Cherry tomatoes	4 lb 2 oz	8 lb 4 oz
Green bell peppers	10 oz	1 lb 4 oz
Cucumbers	2 lb 10 oz	5 lb 4 oz
Broccoli	1 lb 6 oz	2 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

YIELD/VOLUME

50 Servings	100 Servings
About 20 lb 12 oz	About 41 lb 8 oz
About 3 gal 2 cups/2 steam table pans (12" x 20" x 2½")	About 6 gal 1 qt/4 steam table pans (12" x 20" x 2½")

