

ITALIAN PASTA SALAD (WGR)

MEAL COMPONENT CONTRIBUTION:

½ oz. eq. whole grain, ¼ cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ¾ cup

RECIPE HACCP PROCESS: #3 - Complex food preparation


WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	1 1/4 gallons + 2 cups
Salt, Table, #2723	2 teaspoons
Pasta, Spiral, WGR, #2136	1 pound + 9 ounces
Tomatoes, Fresh, Grape, #4109	1 pound + 8 ounces
Broccoli, Fresh Florets, #4000	1 pound
Bell Peppers, Green, Whole, Fresh, #4104	8 ounces
Dressing, Italian, Bulk, #2239	3 cups
Spice Blend MS, Italian, No Salt, #2734	1 tablespoon

DIRECTIONS

- Heat the water to a rolling boil.
 - Slowly add the pasta to the boiling water. Cook the pasta for 9 to 11 minutes.
 Drain the pasta well in a colander.
 Pasta amounts are based on USDA Food Buying Guide.
 Overcooking or hot holding pasta for long periods of time will increase the volume and the yield. Pasta may also be cooked in a steamer or combi oven.
 Different steamers and combi ovens vary in time and settings, so check with the manufacturer for correct instructions
 - Rinse the pasta in a colander under cold, running water. Place the pasta in a large bowl.
 - FOR VEGETABLES:
 - Rinse the tomatoes under clean, cold, running water, then drain them thoroughly.
 - Slice the grape tomatoes in half.
 - If broccoli has not been prewashed, rinse it under clean, cold, running water, then drain it thoroughly.
 - If needed, cut florets into bitesize pieces.
 - Cover the vegetables with plastic wrap and refrigerate until time for assembly.
- CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly.
- Toss the vegetables gently with cooled pasta.
 - Whisk the Italian salad dressing and spice blend together. Combine the salad dressing mixture with the pasta and vegetables.
 - Cover the salad and cool it in the refrigerator overnight.
- CCP: Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower .
- Toss the salad before portioning.

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DIRECTIONS

9. Portion with #8 scoop into individual serving containers. One portion equals $\frac{1}{2}$ oz. eq. whole grain grains and $\frac{1}{4}$ cup other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers. Refrigerate at 41 degrees F or lower .

NUTRIENTS PER SERVING

Calories	78	Dietary Fiber	1.18 g	Sodium	278.78 mg	Sat. Fat	0.01 g
Carbohydrates	15.42 g	Protein	2.41 g	Total Fat	0.85 g	Trans Fat	0.00 g