

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 1 qt		2 gal 2 qt	1. Boil water and salt in a stock pot.
Salt		1 tsp		2 tsp	
Enriched elbow macaroni	12 oz	1 qt	1 lb 8 oz	2 qt	2. 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		¼ cup		½ cup	
*Fresh broccoli florets	1 lb 10 oz	2 qt 2 cups	3 lb 4 oz	1 gal 1 qt	3. Cook broccoli in steamer for 2-3 minutes until just tender. Quickly cool in ice water and drain.
*Fresh carrots, peeled, shredded	7 oz	1 ½ cups	14 oz	3 cups	
Reduced fat mozzarella cheese, ½" cubes	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt	4. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly. Spread 2 lb 15 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Prepared yellow mustard		1 tsp		2 tsp	
White vinegar		¼ cup		½ cup	5. In a bowl, whisk together mustard, vinegar, granulated garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil.
Granulated garlic		1 tsp		2 tsp	
Dried chives, minced		1 tsp		2 tsp	6. Pour dressing over pasta and vegetables and mix thoroughly.
Dried basil		1 tsp		2 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Vegetable oil		1 cup		2 cups	

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

7. Refrigerate immediately.
 Hold at 40° F or colder.
 Portion with No. 8 scoop (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb	4 lb
Carrots	9 oz	1 lb 2 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ¾ oz of cheese, ¼ cup of vegetable, and the equivalent of ½ slice of	25 Servings: 5 lb 14 oz 50 Servings: 11 lb 12 oz	25 Servings: 3 quarts ½ cup 50 Servings: 1 gallon 2 ¼ quarts
Edited 2014		

Nutrients Per Serving

Calories	216	Saturated Fat	3.06 g	Iron	0.96 mg
Protein	8.86 g	Cholesterol	7 mg	Calcium	178 mg
Carbohydrate	15.10 g	Vitamin A	2262 IU	Sodium	263 mg
Total Fat	13.63 g	Vitamin C	22.2 mg	Dietary Fiber	1.8 g