

Macaroni and Ham Salad

Meat-Grains/Breads

Salads and Salad Dressings

E-10A

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Water		1 gal 2 qt		3 gal	1. Heat water to rolling boil. Add the salt.	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp		
Enriched elbow macaroni	1 lb 5 oz	1 qt $\frac{5}{8}$ cup	2 lb 10 oz	2 qt 1 $\frac{1}{4}$ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender. Stir occasionally. Drain well. Rinse under cold water. Drain well.	
Reduced calorie salad dressing	12 oz	1 $\frac{1}{2}$ cups	1 lb 8 oz	3 cups		
OR Lowfat mayonnaise	OR 12 oz	OR 1 $\frac{1}{2}$ cups	OR 1 lb 8 oz	OR 3 cups	3. In a bowl, combine macaroni and salad dressing or mayonnaise. Mix.	
Cooked ham, water added, diced	1 lb 14 $\frac{1}{2}$ oz	1 qt 1 $\frac{3}{4}$ cups	3 lb 13 oz	2 qt 3 $\frac{1}{2}$ cups		
*Fresh carrots, shredded	4 oz	1 $\frac{1}{4}$ cups	8 oz	2 $\frac{1}{2}$ cups	4. Add ham, carrots, celery, onions, pickle relish, pepper, dry mustard, salt, and paprika. Toss lightly. Spread 2 lb 13 $\frac{3}{4}$ oz (approximately 2 qt $\frac{1}{4}$ cup) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups		
*Fresh onions, chopped	2 oz	$\frac{1}{3}$ cup	4 oz	$\frac{2}{3}$ cup		
Sweet pickle relish, undrained	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup		
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp		
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp		
Salt		$\frac{1}{2}$ tsp		1 tsp		
Paprika		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp		
						5. CCP: Refrigerate within 1 hour. Hold at 40° F or colder.
						Cover. Refrigerate until ready to serve.
					6. Garnish with paprika.	
					Portion with No. 6 scoop ($\frac{2}{3}$ cup).	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	5 oz	10 oz
Celery	5 oz	10 oz
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
<p>$\frac{2}{3}$ cup (No. 6 scoop) provides 1 oz of cooked lean meat and the equivalent of 1 slice of bread.</p>	<p>25 Servings: 5 lb 11 $\frac{1}{2}$ oz</p>	<p>25 Servings: 1 gallon $\frac{1}{2}$ cup 2 pans</p>
	<p>50 Servings: 11 lb 7 oz</p>	<p>50 Servings: 2 gallons 1 cup 4 pans</p>
<p>Edited 2014</p>		

Nutrients Per Serving

Calories	191	Saturated Fat	0.94 g	Iron	1.64 mg
Protein	9.40 g	Cholesterol	22 mg	Calcium	223 mg
Carbohydrate	25.31 g	Vitamin A	1331 IU	Sodium	677 mg
Total Fat	5.66 g	Vitamin C	1.0 mg	Dietary Fiber	1.5 g