

# Pasta Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY  
OF THE UNITED STATES

**YIELD: 40 oz.**

**(4oz.) 10 Servings**

Ingredients	Qty	Measure
Diced tomatoes (canned)	15	oz.
Green onions (sliced small)	½	cup
Red bell peppers	½	cup
Green bell peppers	½	cup
Carrots (sliced crossways) slightly cooked	1	cup
Medium Shell Pasta (cooked al dente)	1	pound
Zesty Italian dressing	1	cup

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Cook pasta, when ¾ done, add carrots and finish cooking pasta. Drain when done and add to vegetable mixture.
2. Add tomatoes, green onions, red and green peppers, and zesty italian dressing together. Toss with pasta and carrots when done.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

4 oz. serving along with garbanzo slider

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 257 Total Fat: 7g Saturated Fat: 1g Carbohydrate: 41g Protein: 7g Sodium: 363mg  
Vitamin A: 69µg Vitamin C: 27mg Calcium: 27mg Iron: 2mg Folic Acid: 147µg