

**ITALIAN VEGETABLE PASTA MEDLEY**

**Yield** 100 Portions  
**Each Portion** 1/2 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
129 kcal	24.9 gm	4.7 gm	1.6 gm	11.2 %	0 mg	288 mg		0 mg

Ingredients	Weight	Measure	Issue
PASTA, PENNE	5 lbs		
TOMATOES	5 lbs 8 oz		
PEPPERS, GREEN	6 lbs 2 oz	1 gal 1 pt 10 tbsp 1 tsp	
PEPPERS, RED	6 lbs 2 oz	1 gal 1 pt 10 tbsp 1 tsp	
CABBAGE, DANISH	3 lbs 12 oz	1 gal 2 qt 4 tbsp 2 3/8 tsp	
ONIONS, RED	2 lbs 4 oz		
MUSHROOMS	5 lbs 2 oz	1 gal 2 qt 3 tbsp 1 3/8 tsp	
CUCUMBERS	4 lbs 2 oz		
OLIVES, RIPE, SLICED	2 lbs		
DRESSING, ITALIAN, FF	4 lbs 8 oz	2 qt 13 tbsp 1 1/8 tsp	

**METHODS**

- 1 In a steam jacket kettle, bring the water to a boil. Slowly add the pasta to the boiling water. Stir until the water returns to a boil. Cook pasta until al dente, firm to the bite, and do not overcook. Drain and rinse with cold water to stop the cooking process. When cool, set aside in the refrigerator for Step 3.
- 2 While the pasta is cooking, prepare the vegetables and toss all of the vegetables and olives with the Italian dressing.
- 3 When pasta is cold, combine the vegetable mix with the pasta. Toss well but do not break up the tomatoes.
- 4 Place into a serving or storage container. CCP: Hold for service at 41 F. or lower.