

Powerful Pasta Salad

INCLUDES PROHEALTH PASTA PRODUCT
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes, canned, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Great Northern Beans, drained, rinsed		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup OR 1-#10 can		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans
Optional: Green onions, diced		1 pint		1 quart
Optional: Green bell peppers, diced		1 $\frac{1}{2}$ pints		1 $\frac{1}{2}$ quarts
Carrots, shredded	1 $\frac{1}{2}$ pounds		3 pounds	
Italian dressing, prepared		1 quart + 1 cup		2 $\frac{1}{2}$ quarts
ProHealth Lentil Pasta Each Serving: 1.4 oz. dry	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	
Olive oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups

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

Preparation

1. Prepare lentil pasta. Boil for approximately 10 minutes and added carrots the water. Cook another 3-5 minutes, until pasta is cooked through.
2. Rinse pasta with cool water and toss with olive oil in a large bowl.
3. Add tomatoes, green onions, green peppers, white beans and Italian dressing to the pasta. Combine thoroughly.
4. Cover and refrigerate until meal service.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

Serving Information

Serve 1 cup of pasta mixture to provide 2 $\frac{1}{2}$ meat/meat alternates and $\frac{3}{8}$ cup red/orange vegetable.

Nutrition Information

Calories: 358 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 56g (16g fiber) Protein: 19g Sodium: 335 mg