

# ITALIAN PASTA SALAD

Serving: 1 cup

## Grain, Vegetable and Main

Recipe testers Linda Hardie and Lynn Adams received good reviews from Westfield High School students for this dish. Many kitchens have little or no stovetop space, or a large pot takes forever to boil, so this recipe steams the pasta.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Vinegar, cider	2-1/2 cups	5 cups	1. Mix vinegar, salt, garlic, mustard, oregano and pepper in a bowl. <b>Slowly</b> pour in oil and whisk to combine.
Salt	2-1/2 Tbsp	1/4 cup 1 Tbsp	
*Garlic, fresh, minced (Essential that it is very fine)	2-1/2 Tbsp About 7-8 cloves	1/4 cup 1 Tbsp About 14-16 cloves	2. Steam the pasta for about 15 minutes or <b>JUST</b> until tender but still firm (DO NOT OVERCOOK; time will be determined by intensity of steamer). Drain, Rinse under cold water until pasta is cold.
Mustard, dried	1 Tbsp 1/4 tsp	2 Tbsp 1/2 tsp	
Oregano, dried	2-1/4 tsp	1 Tbsp 1-1/2 tsp	CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours OR Cool from 140° to 41°F within 4 hours.
Pepper, black	1-1/2 Tbsp	3 Tbsp	
Oil, preferably an olive oil blend	1-3/4 cups	3-1/2 cups	3. Mix the pasta with the rest of the dressing to prevent sticking.
Rotini pasta	4 lbs 6 oz	8 lbs 12 oz	
*Broccoli bunches	5 lbs 12 oz About 5-6 bunches	11 lbs 8 oz About 10-12 bunches	4. Cut broccoli crowns into small florets. If you are using the stems, remove 1-2 inches from the tough ends and discard, <b>Peel</b> the remaining stems and slice thinly.
*Carrots, sliced	2 lbs	4 lbs	
*Plum tomatoes, diced or coarsely chopped	3 lbs About 18	4 lbs About 36	5. Steam broccoli, together with the stems if using them, until slightly tender but still bright green on the firm side, about 3 minutes.
Olives, sliced	1-1/2 cups	3 cups	
Parmesan cheese, grated (good quality)	4 oz (1 cup)	8 oz (2 cups)	CCP: Heat to 140°F or higher.
			6. Run under cold water until well chilled. Drain well and add to pasta.
			CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours OR Cool from 140° to 41°F within 4 hours.
			7. Just before service: Toss pasta with the remaining dressing, broccoli, carrots, plum tomatoes, olives and Parmesan cheese. If necessary, up to 1/2 cup water may be added per 100 servings. ( <i>Tossing right before service prevents the pasta from absorbing the dressing and becoming dry.</i> )
			8. CCP: Hold for cold service at 41°F or lower.

\* MA farm products needed for recipe. For ordering, see page 19.

# ITALIAN PASTA SALAD

Serving: 1 cup

Grain, Vegetable and Main

## Preparation Tips:

**To Hold Dressing:** This dressing may be prepared and refrigerated a day before serving.

**To Cook Pasta in a Pot:** Bring 3 quarts of water for each pound of pasta to a rapid boil. Add salt (1 tsp per pound) and pasta. Cook, stirring once or twice, until tender but still firm (do not overcook), about 8 minutes.

- **Garlic:** For an alternative to fresh garlic, use whole peeled cloves or minced garlic in oil. (For more information on preparing garlic, see page 16.)
- **Broccoli:** For florets, try this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stem, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. If some are too large, cut. *Cooking time:* Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.
- **Carrots:** To purchase, sliced carrots are sometimes available from a farm vendor. Peeled carrots can be sliced by hand or in the food processor. Hand-sliced carrots look attractive sliced across on the diagonal.
- **Tomatoes:** Use a tomato corer or knife to remove top core. To dice by hand, slice lengthwise, stack, cut on one direction and then the opposite direction. To coarsely chop, cut into quarters, then pulse briefly in the food processor. (Do not over fill the processor) Or, if they are not very soft, halve them, then coarsely chopped in the buffalo chopper.

## NUTRITIONAL ANALYSIS PER SERVING

Calories	264	Vitamin A (IU)	3616
Cholesterol (Mg)	2	Vitamin C (Mg)	51.27
Sodium (Mg)	446	Protein (G)	7.96
Fiber (G)	3.59	Carbohydrate (G)	36.88
Iron (Mg)	2.11	Total Fat (G)	9.7
Calcium (Mg)	67.5	Saturated Fat (G)	1.54