

Italian Bean and Pasta Salad

Saint Paul Public Schools

HACCP Process: #2 Same Day Service
 Number of Portions: 100
 Portion Size: 1/2 cup

One portion provides: 3/4 serving grains/breads AND
 1/2 oz meat/meat alternate OR
 1/4 cup vegetables

Ingredients	
Pasta, cooked	2 1/2 gal
Pinto beans, canned, drained	1-1/2 No. 10 cans
Onions, raw, chopped	1/2 cup
Tomatoes, raw, chopped	5 1/2 cups
Green peppers, raw, chopped	5 1/2 cups
Fat-free Italian dressing	5 1/2 cups

Instructions

1. Combine all ingredients, mix well.
2. Add more dressing before serving if salad seems too dry.

Notes: Any type of fat-free Italian dressing can be used. Pasta is macaroni; penne or small shells may also be used.

Nutritional Information					
Calories	96	Iron	1 mg	Protein	4 g 19%
Cholesterol	0 mg	Calcium	17 mg	Carbohydrates	18 g 75%
Sodium	223 mg	Vitamin A	135 IU	Total Fat	0.3 g 3.1%
Dietary Fiber	3 g	Vitamin C	8 mg	Saturated Fat	0.0 g 0.1%
				Trans Fat	0.0 g 0.0%