



## PASTA SALAD WITH VEGETABLES, USDA

SERVINGS: 50 SERVINGS CALORIES: 140 KCAL

Fresh veggies and pasta combine with tangy dressing for a colorful, flavorful salad. A great way to enjoy a taste of summer!

### INGREDIENTS

1 gallon 1 quart 2 cups Water  
 3 pounds 2 ounces Pasta, enriched, tri-color  
 1 cup Oil, canola  
 3-1/2 cups Vinegar, apple cider  
 1 tablespoon 1 teaspoon Salt  
 1 teaspoon Pepper, ground, black or white  
 2 teaspoons Garlic powder  
 1 pound 12 ounces Sugar  
 2-1/4 teaspoons Parsley, dried  
 2 teaspoons Mustard, ground  
 8 ounces \*Bell peppers, green, fresh, diced  
 8 ounces \*Onions, green, fresh, chopped  
 4 pounds \*Tomatoes, cherry, fresh, halved  
 2 pounds 8 ounces \*Cucumbers, fresh, peeled, diced  
 1 pound 6 ounces \*Broccoli, florets, fresh

### INSTRUCTIONS

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
3. **Dressing:** Combine oil, vinegar, salt, pepper, garlic powder, sugar, parsley, and ground mustard in a small bowl. Stir well. Set aside for step 5.
4. Combine pasta, bell peppers, onions, tomatoes, cucumbers, and broccoli in a large bowl. Stir well. Set aside for step 5.
5. Pour 3-1/4 cups (about 1 pound 11 ounces) dressing over 1 gallon 3 quarts (about 8 pounds 10 ounces) vegetable and pasta mixture. Stir well.
6. Transfer 1 gallon 2 quarts (about 10 pounds 6 ounces) pasta salad to a steam table pan (12" x 20" x 2-1/2").  
 For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Portion with a 8 fluid ounce spoodle (1 cup).

### RECIPE NOTES

Critical Control Point: Cool to 40 °F or lower within 4 hours.

CCP: Hold at 40° F or below.

Note: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day

**Crediting: 1 cup (8 fl oz spoodle) is the equivalent of 6.2 oz of salad. One portion provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/4 cup additional vegetable, and 1 oz eq grains.**

\*Please note that this recipe contains differing crediting and serving size amounts. This is due to the expansion of the pasta once it has been cooked.

Yield 50 servings

### NUTRITION FACTS PER SERVING (1CUP)

Calories: 140 kcal | Fat: 5 g | Sodium: 196 mg | Potassium: 201 mg | Carbohydrates: 22 g | Fiber: 2 g | Sugar: 11 g | Protein: 4 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*