

RAINBOW PASTA SALAD

Serving: 1 cup

Vegetable and Grain

This dish originally included vegetables only, but the Monson schools tossed it with vegetables and created a hit. The technique is unusual—Vegetables are simmered in liquid that becomes their dressing. The result is a lightly flavored pasta salad that is fresh tasting and particularly appealing to elementary school children. Thanks Monson!

Note: The vegetables need to be cooked the day before.

| INGREDIENTS | 50 SERVINGS | 100 SERVINGS | DIRECTIONS |
|--|-------------------------------------|-------------------------------------|---|
| Olive oil or olive oil blend | 1 cup | 2 cups | <ol style="list-style-type: none"> Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme and pepper in a pot. Boil for 5 minutes. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the diagonal. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still slightly firm and not crunchy, about an additional 5-20 minutes, depending on power of the stove. (Do not overcook; the vegetables will continue to cook as they cool in their dressing.) CCP: Heat to 140°F or higher. Cool and chill the vegetables overnight in their dressing. CCP: Cool from 140°F to 41°F within 4 hours. Cook pasta in a steamer or lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used. Run pasta under cold water and drain well. Toss pasta with the chilled vegetables and their dressing, adding a little water, if necessary. Serve immediately. CCP: Hold for cold service at 41°F or lower. |
| Lemon juice | 1 cup | 2 cups | |
| Sugar | 1-1/2 Tbsp | 3 Tbsp | |
| *Garlic, fresh, minced | 1 Tbsp 1 tsp | 2 Tbsp 2 tsp | |
| | 4 cloves | 8 cloves | |
| Salt | 1 Tbsp 1 tsp | 2 Tbsp 2 tsp | |
| Fennel, seeds | 1 Tbsp 1 tsp | 2 Tbsp 2 tsp | |
| Coriander, ground | 2-1/4 tsp | 1-1/2 Tbsp | |
| *Oregano, fresh | 2 Tbsp 3/4 tsp | 1/4 cup 1-1/2 tsp | |
| or dried leaves | or 2-1/4 tsp (dried) | or 1-1/2 Tbsp (dried) | |
| *Thyme, fresh | 2 Tbsp 3/4 tsp | 1/4 cup 1-1/2 tsp | |
| or dried leaves | or 2-1/4 tsp (dried) | or 1-1/2 Tbsp (dried) | |
| Pepper, black | 3/4 tsp | 1-1/2 tsp | |
| *Cauliflower, cut into bite-sized florets | 4 lbs (2 large or 3 small heads) | 8 lbs (4 large or 6 small heads) | |
| *Carrots, sliced | 3 lbs | 6 lbs | |
| *Zucchini | 4 1/4 lbs (4-5 medium zucchini) | 8-1/2 lbs (8-10 medium zucchini) | |
| Rotini pasta, rainbow | 3 lbs 12 oz | 7 lbs 8 oz | |

Variations:

Broccoli may be substituted for cauliflower. It cooks about 2 minutes less.

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

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Preparation Tips:

- **Holding Vegetables:** Store in their dressing in the walk-in at 41°F for up to 2 days.
- **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.
- **Oregano and Thyme:** *When using fresh*, remove leaves from stems. Discard stems. Use whole thyme leaves, chop oregano leaves.
- **Cauliflower:** *For florets*, with the base down, cut in half through the core. Hold one half up and bend the core towards you to remove (or remove with knife). Repeat with second half. Break florets off by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)
- **Carrots:** *To purchase*, sliced carrots and carrot sticks are sometimes available from a farm vendor.

NUTRITIONAL ANALYSIS PER SERVING

| | | | |
|------------------|------|-------------------|-------|
| Calories | 187 | Vitamin A (IU) | 4629 |
| Cholesterol (Mg) | 0 | Vitamin C (Mg) | 15.03 |
| Sodium (Mg) | 216 | Protein (G) | 5.35 |
| Fiber (G) | 2.61 | Carbohydrate (G) | 30.71 |
| Iron (Mg) | 1.55 | Total Fat (G) | 4.99 |
| Calcium (Mg) | 26.4 | Saturated Fat (G) | 0.71 |