



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Pasta Vegetable Salad

Makes: 25 or 50 Servings

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		3 qt 2 cups		1 gal 3 qt
Salt		1 Tbsp 1 1/2 tsp		3 Tbsp
Enriched pasta spirals	12 oz	1 qt 2 Tbsp	1 lb 8 oz	2 qt 1/4 cup
OR	OR	OR	OR	OR
Enriched pasta shells medium	1 lb	1 qt 2 1/8 cups	2 lb	3 qt 1/4 cup
Frozen mixed vegetables, thawed and drained	1 lb 7 oz	3 cups	2 lb 14 oz	1 qt 2 cups
OR	OR	OR	OR	OR
Canned mixed vegetables, drained	1 lb 2 1/2 oz	3 1/4 cups (1 No. 2-1/2 can)	2 lb 5 oz	1 qt 2 1/2 cups (2 No. 2-1/2 cans)
Frozen chopped broccoli, thawed and drained	11 oz	1 1/2 cups 2 Tbsp	1 lb 6 oz	3 1/4 cups
Ground black or white pepper		1/2 tsp		1 tsp
Salt		1/2 tsp		1 tsp
Italian Dressing (see E-17)		1 cup		2 cups

Directions

1. Heat water to rolling boil. Add the salt
2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. Drain well. Rinse under cold water. Drain well.
3. In a bowl, combine pasta, mixed vegetables, broccoli, pepper, and salt. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 2 lb 6 oz (approximately 1 qt 2 1/4 cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving. Portion with No. 8 scoop (1/2 cup).

My Notes

Source: USDA Recipes for Child Care

Nutrition Information

Nutrients	Amount	Meal Components
Calories	137	Grains 1/2 slice
Total Fat	7 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	1 g	
Cholesterol	0 mg	
Sodium	137 mg	
Total Carbohydrate	16 g	
Dietary Fiber	2 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	N/A	
Calcium	16 mg	
Iron	1 mg	
Potassium	N/A	

N/A - data is not available