



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.

Whole Grain Pasta Salad

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Water		1 gal + 3 qt
Salt		3 Tbsp
Whole grain pasta, penne	1 lb + 8 oz	2 qt + 1/4 cup
canned red kidney beans		12 1/2 cups
Broccoli	1 lb	
Sweet red bell pepper, julienne	6 oz	
Spinach	2 oz	
Fresh parsley	1 oz	
Italian dressing		2 cups

Directions

1. Heat water to rolling boil. Add salt.
2. Slowly add pasta 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, red kidney beans, broccoli, red bell pepper, spinach, and parsley. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly.
4. CCP: Cool to 41°F or lower within 4 hours. Cover. Refrigerate until ready to serve.
5. Mix lightly before serving.

My Notes

Source: National Food Service Management Institute

Nutrition Information

Nutrients	Amount
Calories	137
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	N/A
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