

## TEST Recipe

Page 1

**Recipe: 825586 Italian Pasta Salad TEST**

Recipe Source: Test Recipes  
 Recipe Group: Test Recipes for MRS Alternate  
 Recipe Name: Italian Pasta Salad TEST  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

**Recipe HACCP Process: #3 Complex Food Preparation**

825430 Water, Municipal, Mississippi..... 825080 Salt, Table, Distributor Choice, #2723..... 825621 Pasta, Rotini, WGR, USDA Foods #110504.....	1 GAL + 1 1/2 QT 2 TSP 1 3/4 LB	1. Heat water to rolling boil. Add salt. 2. Slowly add pasta and stir constantly until the water boils again. Cook pasta until al-dente (cooked just long enough to be still firm, and not too soft), according to directions on the package. DO NOT OVERCOOK. Rinse in cold water.
825247 Tomatoes, Grape, Fresh, #4109..... 825042 Broccoli, Florets, Fresh, #4000..... 825037 Peppers, Bell, Green, Whole, Fresh, #4104.....	1 1/2 LB 1 LB 1/2 LB	3. Rinse and drain grape tomatoes. Cut in half. 4. If needed cut broccoli florets into smaller pieces. 5. Clean and dice green peppers. 6. Toss vegetables with cooled pasta.
825084 Mayonnaise, Reduced Calorie, Gallon, DC, #2249... 825109 Vinegar, Distilled, White, DC, #2260..... 825128 Oil, Liquid for Fryer, DC/USDA, #2507..... 825091 Pepper, Black, Ground, Sauer, #2718..... 825447 Spice Blend, Italian, No Salt, #2734..... 825080 Salt, Table, Distributor Choice, #2723.....	1 PINT 1/2 CUP 1/2 CUP 1 TSP 1 Tbsp. 1 TSP	7. Combine reduced calorie mayonnaise, vinegar, oil, and seasonings. Mix with pasta and vegetables. 8. Cover and cool in refrigerator overnight.  <b>CCP:</b> Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours
		9. Toss salad before portioning. 10. Portion with #8 scoop into serving containers. One portion equals 1/2 oz. eq. whole grains and 1/4 cup other vegetable. <b>CCP:</b> Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers .

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	120 kcal	Cholesterol	6.40 mg	Sugars	1.34 g	Calcium	*8.84* mg	45.39%	Calories from Total Fat
Total Fat	6.03 g	Sodium	218.78 mg	Protein	2.11 g	Iron	*0.17* mg	4.17%	Calories from Saturated Fat
Saturated Fat	0.55 g	Carbohydrates	13.95 g	Vitamin A	*450.21* IU	Water <sup>1</sup>	*131.63* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.75 g	Vitamin C	*15.12* mg	Ash <sup>1</sup>	*0.62* g	46.68%	Calories from Carbohydrates
								7.07%	Calories from Protein

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**