



825072 - Creamy Pasta Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: 1 1/3 cup

Components:

Meat/Alt:

Grains: 2 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	7 ozs	Place 7 oz of corn in 2 inch full size perforated pan CCP: Steam until minimum internal temperature of 135° F. CCP: Cool to 41° F within 4 hours.
011090 BROCCOLI,RAW.....	7 OZS (florets)	Cut broccoli florets into half inch (bite-sized) pieces. Place 7 oz in perforated steamtube and blanch for 45 seconds to 1 minute (times may vary). BLANCH, DO NOT FULLY COOK - review blanching vegetables video for additional information. CCP: Cool to 41° F or lower within 4 hours.
050460 ROTINI, WHOLE GRAIN, COOKED, NO SALT ADD..... 826508 Olive Oil Blend 90/10, Colavita L116.....	2 lbs + 2 OZS (dry) 2 Tbsp	Prepare pasta: Place 4 inch full size perforated pan inside 4 inch full size solid pan. Weigh pasta and add 2 lb 2 oz (approximately 1 1/2 qt) of rotini pasta to pan. Cover completely with water, approximately 2 gallons. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. CCP: Cook to minimum internal temperature of 135° F. Lift perforated pan to drain and discard cooking liquid. Rinse with cold water. Toss with oil to prevent sticking. CCP: Cool to 41° F or lower within 4 hours.
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.....	7 OZS (cherry tomatoes)	Weigh, then rinse tomatoes under running water. Using a chef's knife, serrated utility or paring knife, slice cherry tomatoes in half.
825078 Dressing, Italian, FF, gal, Kens 807..... 826496 Mayonnaise, Regular, Dukes..... 002003 SPICES,BASIL,DRIED..... 002027 SPICES,OREGANO,DRIED.....	1 1/2 cups 1 1/2 cups 1 TBSP (leaves) 1 TBSP (leaves)	In a medium bowl, whisk together Italian dressing, mayonnaise, basil and oregano.

		<p>Combine cut tomatoes with cooled corn, broccoli, and pasta in large bowl. Pour prepared dressing over vegetables and toss lightly with a plastic or rubber spatula to coat.</p> <p>Serve 1 1/3 cup (two no. 6 dishers) for 2 oz eq of grain.</p> <p>(Note: Yield may vary if using enriched pasta or whole wheat pasta in place of the whole grain / enriched blend pasta variety specified in the recipe. Additional yield testing and recipe adjustment may be required for substituted ingredient.)</p> <p>CCP: Hold and Serve at 41° F or lower.</p>
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*Nutrients are based upon 1 Portion Size (1 1/3 cup)

Calories	449	kcal	Cholesterol	12	mg	Sugars	*1.4*	g	Calcium	43.66	mg	34.49%	Calories from Total Fat
Total Fat	17.20	g	Sodium	394	mg	Protein	13.26	g	Iron	2.79	mg	4.34%	Calories from Saturated Fat
Saturated Fat	2.16	g	Carbohydrates	67.69	g	Vitamin A	91.7	IU	Water ¹	*8.89*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	7.41	g	Vitamin C	9.2	mg	Ash ¹	*0.11*	g	60.33%	Calories from Carbohydrates
												11.81%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.