



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:

Grain

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 deep perforated steamtable pan CCP: Steam until minimum internal temperature of 135 degrees F. CCP: Cool to 41 degrees F. within 4 hours.
011090 BROCCOLI, RAW..... 050460 ROTINI, WHOLE GRAIN, COOKED, NO SALT ADD.....	7 OZS (florets) 2 lbs + 2 OZS (dry)	Cut broccoli florets into half inch (bite-sized) pieces. Place 7 oz in perforated steamtable 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 quickly to 41 degrees. F.
826508 Olive Oil Blend 90/10, Colavita L116.....	2 Tbsp	Prepare pasta: Place 4 inch full size perforated pan inside 4 inch solid, full size steamtable pan. Weigh pasta and add 2 lbs. 2 oz. (approximately 1.5 quarts) of rotini pasta to pan. Cover completely with water, approximately 2 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. CCP: Cook to minimum internal temperature of 135 degrees 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 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 spatula to coat.</p> <p>Serve 1 1/3 cup (two #6 scoops or dishers) for 2 oz eq of grain.</p> <p>(Note: Yield may vary if using enriched pasta or whole wheat pasts 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 degrees F. or lower.</p>
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*Nutrients are based upon 1 Portion Size (1 1/3 cup)

Calories	448 kcal	Cholesterol	12 mg	Sugars	*1.6* g	Calcium	44.66 mg	34.62%	Calories from Total Fat
Total Fat	17.22 g	Sodium	395 mg	Protein	13.34 g	Iron	2.82 mg	4.34%	Calories from Saturated Fat
Saturated Fat	2.16 g	Carbohydrates	68.08 g	Vitamin A	180.3 IU	Water ¹	*18.26* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	7.53 g	Vitamin C	10.6 mg	Ash ¹	*0.16* g	60.84%	Calories from Carbohydrates
								11.92%	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.