

Peppy Pasta Salad

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|---------------------------|--------|---------------------------|---|
| Recipe: | R-2760 | HACCP Process: | Complex Food Preparation |
| # of Servings: | 100.00 | Serving Size: | 1 Cup |
| Grams Per Serving: | 215.44 | Ounces per Serving | 7.6 |
| | | Source: | USDA Foods Pre-Con |
| | | Meal Components: | ½ cup cooked pasta, ¼ dark green vegetables and 1/8 cup other vegetables and 1/8 cup red/orange vegetables. |

| Ingredients | Measurements | Directions |
|---|-------------------|---|
| USDA WGR Rotini, Material #110504 | 6 LB. + 4 OUNCES | <p>1. Ingredients:</p> <p>2. One Day Prior to Service: Pre-prep: Clean and sanitize work station. Pull pasta from dry storage and cook according to your recipe, reduce cooking time by one minute for salads. Cool pasta immediately to stop cooking process. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>3. Prep: pull broccoli and mushrooms from freezer. Place broccoli in perforated steam pans. Cover with wrap. Cook: Steam broccoli for 12 minutes or until broccoli is bright green and still crisp. Pull from steamer and cool immediately in an ice bath to stop cooking. CCP: Heat until an internal temperature is reached of 140°F for 15 seconds</p> <p>4. Prep: place mushrooms on a sheet pan lined with parchment paper. Cook: Roast mushrooms in a 400° F pre-heated convection oven for 15 minutes. Pull mushrooms out and toss to mix mushrooms. Place back into the oven for an additional 15 minutes. Pull from oven and let rest at room temperature for 15 minutes. Drain well and add to pasta.</p> <p>5. Prep: Pull Italian salad dressing and crushed red pepper flakes. Whisk together. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>6. Prep: Pull fresh basil and tomatoes from cooler and place at work station. Wash hands thoroughly and put on gloves. Chopped basil lightly by rolling leaves into "cigars" and then slicing to avoid bruising. Add diced tomatoes and basil to the pasta mix. Add cooled broccoli florets to the pasta mixture. Fold all together without mashing the pasta. Add seasoned salad dressing and fold into pasta mixture. Cover and date stamp and place in cooler.</p> |
| USDA Broccoli Florets, IQF, Material #110473 | 14 LB. | |
| USDA IQF Mushrooms, Diced, Frozen, Material #110421 | 4 LB. + 2 OZ | |
| Fresh Diced Tomatoes, RTU | 8 LB. + 12 OZ | |
| Italian Salad Dressing | 3 QUART + 1/2 CUP | |
| Crushed Red Pepper Flakes | 1/2 CUP | |
| Fresh Basil | 1 CUP CHOPPED | |
| Tap Water | 9 LB. + 4 OZ | |

CCP: Prepare foods at room temperature in two hours or less.

CCP: Never handle ready to eat foods with bare hands

7. **Cool:** Refrigerate overnight to allow flavors to mingle and merge.

CCP: Hold below 41°F

8. **Serve:** Serve one cup of pasta as a tasty part of your meal. Each one cup serving by volume provides ½ cup cooked pasta, ¼ dark green vegetables and 1/8 cup other vegetables and 1/8 cup red/orange vegetables.

CCP: Hold below 41°F

Notes:

Production Notes: Nutritional information is based on Material Information Sheets for USDA Foods and the Food Buying Guide

Serving Notes: Serve: Serve one cup of pasta as a tasty part of your meal. Each one cup serving by volume provides ½ cup cooked pasta, ¼ dark green vegetables and 3/8 cup other vegetables and 1/8 cup red/orange vegetables. Each one cup serving weighs 215.44 grams or 7.6 ounces.

| Nutrients Per Serving: | | (per 1 Cup) | | | |
|------------------------|---------|----------------|----------|-------------|---------|
| Calories | 200.583 | Trans Fat (gm) | 0.000* | Iron (mg) | 0.541* |
| Protein (gm) | 6.132 | Chol (mg) | 0.000 | Calc (mg) | 18.457* |
| Carb (gm) | 29.198 | Vit A (IU) | 875.012* | Sodium (mg) | 246.843 |
| Tot Fat (gm) | 7.497 | Vit C (mg) | 23.300* | Fiber (gm) | 4.765 |
| Sat Fat (gm) | 1.021 | | | Sugars (gm) | 3.117* |

Note: * means nutrient data is missing or not available.

| Meal Components: | | (per 1 Cup) | | | | | | |
|-----------------------------|------------|-----------------------------|------------|--------------------|------------|-------------------|-------|-------|
| | | -----Vegetables (Cups)----- | | | | | | |
| Fruit (Cups) | Dark Green | 0.250 | Red/Orange | 0.125 | Beans/Peas | Starchy | Other | 0.125 |
| Whole Grain- Rich (Oz. Eq.) | 1.000 | Enriched Grain (Oz. Eq.) | | Meat/Alt (Oz. Eq.) | | Fluid Milk (Cups) | | |

Allergens:

Wheat