

Lemon Pasta Salad

Component: Grain-Vegetable

Recipe modified from New School Cuisine p 103

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal			<p>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes.</p> <p>2. Drain and rinse with cold water.</p> <p><i>Grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration.</i></p> <p>3. Zest and juice lemons.</p> <p>4. Purée parmesan cheese and the lemon zest in a food processor fitted with a steel blade until smooth. While the motor is running, add oil, mustard, salt, pepper and the juice of the lemon. Process until combined.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>5. Combine the drained pasta, pureed mixture, cucumbers and tomatoes in a large bowl. Toss to combine.</p> <p>6. Use immediately or cover and refrigerate.</p> <p><i>Reduce the volume or size of foods before cooling. Cooling must progress from 70° F to 41° F within four hours for safety</i></p> <p><i>Store ready to eat foods on the top shelf of refrigerator and protect from cross contamination by raw foods.</i></p> <p><i>Cold foods must be held under temperature control at 41° F or lower. Food temperatures must be checked every four hours, and discarded if found to be greater than 41° F.</i></p> <p><i>Continued</i></p>
Salt (for boiling water)		1 Tbsp			
Whole wheat rotini or penne pasta	3 lb 12 oz				
Lemons, fresh, zested and juiced		6 medium			
Parmesan cheese, grated		1 cups			
Olive oil		2 ½ cups			
Dijon mustard		2 Tbsp			
Salt		2 tsp			
*Cucumbers, fresh, diced ¼-inch. Note: Remove skin if serving children under 18 months		13 cups			
Tomatoes, fresh, diced ¼-inch		12 cups			

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Notes:

Nutrient information calculated using Food Processor

Serving: ~1 cup provides ½ cup vegetable and 1 oz equiv WGR grain equivalent.

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cucumber	1 lb 8 oz	3 lb

Nutrients Per Serving

Calories	257	Saturated Fat	1.61 g	Iron	2.81 mg
Protein	9.69 g	Cholesterol	4.13 mg	Calcium	110.34 mg
Carbohydrate	37.69 g	Vitamin A	86.30 RAE mcg	Sodium	307.28 mg
Total Fat	8.18 g	Vitamin C	13.13 mg	Dietary Fiber	7.50 g (2016 = 3.66 g)