

# Lemon Pesto 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			<ol style="list-style-type: none"> <li>1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes.</li> <li>2. Drain and rinse with cold water.</li> <li>3. Trim and peel garlic cloves.</li> <li>4. Zest and juice lemons.</li> <li>5. Purée arugula (or spinach), garlic, grated cheese and the lemon zest in a food processor fitted with a steel blade until smooth. While the motor is running, add oil, salt, pepper and the juice of the lemon. Process until combined</li> <li>6. Combine the drained pasta, pesto mixture, beans, onions, and tomatoes in a large bowl. Toss to combine.</li> <li>7. Use immediately or cover and refrigerate.</li> <li>8. CCP: Cool to 41° F or lower within 4 hours.</li> <li>9. CCP: Hold at 41° F or colder.</li> </ol>
Table salt (for boiling water)		1 Tbsp			
Whole wheat rotini or penne pasta	3 lb 12 oz				
Garlic (adjust as needed)		24 cloves			
Lemons		4 medium			
Fresh arugula or spinach leaves		3 qt (packed)			
Grated parmesan cheese		3 cups			
Olive oil		1 ¼ cup			
Salt as an ingredient		2 tsp			
Ground black pepper		1 Tbsp + 1 tsp			
Low sodium white beans, canned, rinsed and drained		12 cups			
Red onions, diced, ¼-inch		3 cups			
Tomatoes, diced ¼-inch		10 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

## Nutrients Per Serving

<b>Calories</b>	254.43	<b>Saturated Fat</b>	1.61 g	<b>Iron</b>	2.33 mg
<b>Protein</b>	9.43 g	<b>Cholesterol</b>	4.13 mg	<b>Calcium</b>	105.32 mg
<b>Carbohydrate</b>	37.29 g	<b>Vitamin A</b>	35.64 RAE mcg	<b>Sodium</b>	365.18 mg
<b>Total Fat</b>	8.22 g	<b>Vitamin C</b>	8.97 mg	<b>Dietary Fiber</b>	7.16 g