

# CALIFORNIA PASTA SALAD

## Vegetable-Grains-Salads

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Rotini pasta, uncooked	3 lb		6 lb		1. Cook pasta in boiling water until tender. 2. Combine rotini, beans, broccoli, tomatoes, green onion, red pepper, and parsley in large bowl. 3. Mix salad dressing, optional mayonnaise and mustard, and oregano; pour over vegetables and pasta and toss.
Pinto or kidney beans, canned, drained, rinsed		2¼ qt		4 ½ qt	
Broccoli florets, cooked	3 lb	3 qt	6 lb	3 qt	
Tomatoes, chopped		8 large		16 large	
Green onions, sliced		2 C		4 C	
Red or green pepper, chopped		3 C		1½ qt	
Parsley, minced		1 C		2 C	
Italian salad dressing		1 qt		2 qt	
Vegan mayonnaise (optional)		1½ C		3 C	
Dijon-style mustard (optional)		2 T		4 T	
Oregano, dried leaves		1 T		2 T	
Salt		2 tsp		4 tsp	
Pepper		2 tsp		4 tsp	

Serving	Yield	Volume
1 cup each	50 Servings:	50 C
Each serving provides ½ cup vegetable and 1 serving grains/breads.	100 Servings:	100 C

Nutrients Per Serving					
Calories	247 kcal	Saturated Fat	0.8 g	Iron	2 mg
Protein	8 g	Cholesterol	0 mg	Calcium	41 mg
Carbohydrate	36 g	Vitamin A	1127 IU	Sodium	633 mg
Total Fat	8 g	Vitamin C	36 mg	Dietary Fiber	5 g

**Notes**  
 Equipment list: large pot, large bowl.

