

PASTA SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	17 g	5 g	10 g	3 mg	300 mg	79 mg

Ingredient

Weight

Measure

Issue

WATER	16-3/4 lbs	2 gal	
SALT	5/8 oz	1 tbsp	
OIL,OLIVE	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	3-1/2 lbs	3 qts 3-1/8 cup	
SALAD DRESSING,ITALIAN	3-1/8 lbs	1 qts 2 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
BROCCOLI,FRESH,FLORETS	1-1/4 lbs	1 qts 2-1/2 cup	2 lbs
CARROTS,FRESH,SLICED	1 lbs	3-1/2 cup	1-1/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,FRESH,CHOPPED	3-1/2 lbs	2 qts 3/4 cup	3-5/8 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
MUSHROOMS,FRESH,WHOLE,SLICED	1-7/8 lbs	3 qts 1/8 cup	2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	14-1/4 oz	3 cup	
BASIL,SWEET,WHOLE,CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
PARSLEY,FRESH,BUNCH,CHOPPED	1-5/8 oz	3/4 cup 1/3 tbsp	1-3/4 oz
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

Method

- 1 Add salt and oil to water; heat to a rolling boil. Slowly add vermicelli, stirring constantly until water boils again. Cook 7 to 10 minutes or until tender. Rinse with cold water; drain thoroughly.
- 2 Add dressing to vermicelli. Toss lightly. Set aside for use in Step 4.
- 3 Lightly spray griddle with non-stick cooking spray. Saute broccoli and carrots on lightly sprayed griddle for 8 to 10 minutes or until tender crisp.
- 4 Add tomatoes, squash, mushrooms, onions, olives, and sauteed vegetables to pasta mixture. Toss lightly.
- 5 Add basil, parsley, and parmesan cheese to pasta mixture. Toss lightly.