



# Macaroni Salad

## USDA Recipe for Schools

Macaroni Salad combines whole-grain pasta and fresh vegetables, including bell peppers, celery, and carrots, in a light dressing.

### NSLP/SBP CREDITING INFORMATION

$\frac{3}{4}$  cup (6 fl oz spoodle) provides  $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{8}$  cup other vegetable, and 1 oz equivalent grains.

| INGREDIENTS                | 50 SERVINGS             |                              | 100 SERVINGS             |                      | DIRECTIONS   |
|----------------------------|-------------------------|------------------------------|--------------------------|----------------------|--|
|                            | Weight                  | Measure                      | Weight                   | Measure              |  |
| Water                      |                         | 3 gal                        |                          | 6 gal                | <b>1</b> Heat water to a rolling boil.<br><br><b>2</b> Slowly add macaroni. Stir constantly until water boils again. Cook about 10–12 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4. |
| Whole-grain elbow macaroni | 3 lb 2 oz               | 2 qt<br>3 $\frac{1}{2}$ cups | 6 lb 4 oz                | 1 gal 1 qt<br>3 cups |  |
| Mayonnaise, low-fat        | 1 lb 5 $\frac{1}{3}$ oz | 2 cups                       | 2 lb 10 $\frac{2}{3}$ oz | 1 qt                 |  |
| White vinegar              |                         | $\frac{1}{2}$ cup            |                          | 1 cup                | <b>3</b> Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.   |
| Sugar                      | 1 lb                    | 2 cups                       | 2 lb                     | 1 qt                 |  |
| Mustard                    | 4 oz                    | $\frac{1}{4}$ cup<br>2 Tbsp  | 8 oz                     | $\frac{3}{4}$ cup    |  |

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|-----------------------------------|-------------|------------------|--------------|---------------|---|
|                                   | Weight      | Measure          | Weight       | Measure       |   |
| *Fresh red bell peppers, diced    | 1 lb        | 3 cups           | 2 lb         | 1 qt 2 cups   | <b>4</b> Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Mix well.  |
| *Fresh green bell peppers, diced  | 1 lb        | 3 cups           | 2 lb         | 1 qt 2 cups   |   |
| Pimientos, canned, diced, drained | 2 oz        | ¼ cup            | 4 oz         | ½ cup         |   |
| *Fresh carrots, shredded          | 1 lb 2 oz   | 1 qt 1 ½ cups    | 2 lb 4 oz    | 2 qt 3 cups   |   |
| *Fresh celery, diced              | 1 lb        | 3 cups<br>2 Tbsp | 2 lb         | 1 qt 2 ¼ cups |   |
| *Fresh red onions, diced          | 10 oz       | 2 cups           | 1 lb 4 oz    | 1 qt          |   |
| Salt                              |             | 1 ½ tsp          |              | 1 Tbsp        |   |
| Black or white pepper, ground     |             | 1 tsp            |              | 2 tsp         |   |
|                                   |             |                  |              |               | <b>5</b> Pour dressing over vegetable and pasta mixture. Mix well.  |
|                                   |             |                  |              |               | <b>6</b> Transfer 1 gal 2 qt (about 6 lb 7½ oz) Macaroni Salad to a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. |
|                                   |             |                  |              |               | <b>7</b> Critical Control Point: Cool to 41 °F or lower within 4 hours.   |
|                                   |             |                  |              |               | <b>8</b> Critical Control Point: Hold at 41 °F or below.  |
| Paprika                           |             | 2 tsp            |              | 1 Tbsp 1 tsp  | <b>9</b> Garnish with paprika.  |
|                                   |             |                  |              |               | <b>10</b> Portion with 6 fl oz spoodle (¾ cup).   |



**NUTRITION INFORMATION**

For ¾ cup (6 fl oz spoodle).

| <b>NUTRIENTS</b>          | <b>AMOUNT</b> |
|---------------------------|---------------|
| <b>Calories</b>           | <b>153</b>    |
| <b>Total Fat</b>          | <b>2 g</b>    |
| Saturated Fat             | 0 g           |
| Cholesterol               | 2 mg          |
| <b>Sodium</b>             | <b>185 mg</b> |
| <b>Total Carbohydrate</b> | <b>31 g</b>   |
| Dietary Fiber             | 3 g           |
| Total Sugars              | 8 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>5 g</b>    |
| Vitamin D                 | 0 IU          |
| Calcium                   | 23 mg         |
| Iron                      | 1 mg          |
| Potassium                 | 96 mg         |

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

| <b>Food as Purchased for</b> | <b>50 Servings</b> | <b>100 Servings</b> |
|------------------------------|--------------------|---------------------|
| Mature red onions            | 12 oz              | 1 lb 8 oz           |
| Red bell peppers             | 1 lb 4 oz          | 2 lb 8 oz           |
| Green bell peppers           | 1 lb 4 oz          | 2 lb 8 oz           |
| Celery                       | 1 lb 4 oz          | 2 lb 8 oz           |
| Carrots                      | 1 lb 6 oz          | 2 lb 11 ½ oz        |

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

| <b>50 Servings</b>  | <b>100 Servings</b>                                    |
|---|--|
| About 12 lb 15 oz   | About 25 lb 14 oz                                      |
| About 1 gal 2 qt 2 cups/2 steam table pans (12" x 20" x 2 ½") | About 3 gal 1 qt/4 steam table pans (12" x 20" x 2 ½") |

