

SALADS, SALAD DRESSINGS, AND RELISHES No.M 070 00
ZESTY ROTINI PASTA SALAD

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 106 cal | 18 g | 4 g | 2 g | 1 mg | 382 mg | 37 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|--------------------------------|----------------------|-----------------------|---------------------|
| WATER | 20-7/8 lbs | 2 gal 2 qts | |
| SALT | 5/8 oz | 1 tbsp | |
| OIL, OLIVE | 1/2 oz | 1 tbsp | |
| MACARONI NOODLES, ROTINI, DRY | 4-3/8 lbs | 1 gal 3/4 qts | |
| SALAD DRESSING, ITALIAN, DIET | 3-3/8 lbs | 1 qts 2 cup | |
| CHEESE, PARMESAN, GRATED | 5-1/4 oz | 1-1/2 cup | |
| SESAME SEEDS | 2-1/2 oz | 1/2 cup | |
| POPPY SEEDS | 7/8 oz | 3 tbsp | |
| PAPRIKA, GROUND | 1 oz | 1/4 cup 1/3 tbsp | |
| TOMATOES, FRESH, CHOPPED | 3-1/2 lbs | 2 qts 3/4 cup | 3-5/8 lbs |
| CUCUMBER, FRESH, CHOPPED | 3-1/2 lbs | 3 qts 1-3/8 cup | 4-1/8 lbs |
| PEPPERS, GREEN, FRESH, CHOPPED | 2 lbs | 1 qts 2-1/8 cup | 2-1/2 lbs |
| ONIONS, FRESH, CHOPPED | 1-1/2 lbs | 1 qts 1/4 cup | 1-2/3 lbs |

Method

- 1 Add salt and salad oil or olive oil to water; heat to a rolling boil.
- 2 Add rotini slowly while stirring constantly, until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVER COOK.
- 3 Drain. Rinse with cold water.
- 4 Combine dressing with cheese, sesame seeds, poppy seeds, and paprika. Add to rotini. Toss lightly.
- 5 Add tomatoes, cucumbers, peppers, and onions. Toss lightly. Cover and refrigerate at least 3 hours or until flavors are blended. Keep refrigerated until ready to serve.