

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"> 1. Bring water and salt to a boil in a large pot. Add pasta and cook until just tender, about 10 minutes. 2. Drain and rinse with cold water. 3. Trim and peel garlic cloves. 4. Zest and juice lemons. 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 6. Combine the drained pasta, pesto mixture, beans, onions, and tomatoes in a large bowl. Toss to combine. 7. Use immediately or cover and refrigerate. 8. CCP: Cool to 41° F or lower within 4 hours. 9. CCP: Hold at 41° F or colder.
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

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