



Macaroni Salad

Macaroni Salad is a delightful side dish filled with healthy whole grain macaroni, fresh carrots, sweet fresh onions, and red and green peppers

CACFP Adult Portion Crediting Information

1 cup (8 oz spoodle) provides ½ cup vegetable (⅛ cup additional vegetable, ⅛ cup red/orange vegetable, ¼ cup other vegetable), and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1 Heat water to a rolling boil. 2 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. 3 Dressing: Combine mayonnaise, vinegar, sugar, and mustard in a small bowl. Stir well. Set aside for step 5.
Whole-grain elbow macaroni	1 lb 9 oz	1 qt 2 cups	3 lb 2 oz	3 qt	
Low-fat mayonnaise	11 oz	1 ½ cups	1 lb 6 oz	3 cups	
White vinegar		¼ cup		½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	<p>4 Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Stir well.</p>
Mustard	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp	
*Fresh red bell peppers, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh green bell peppers, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
Canned pimientos, diced, drained		2 Tbsp	2 oz	¼ cup	
*Fresh carrots, grated	12 oz	1 qt	1 lb 8 oz	2 qt	
*Fresh celery, diced	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
*Fresh red onions, diced	8 oz	1 ½ cups	16 oz	3 cups	
Salt		¾ tsp		1 ½ tsp	<p>5 Pour the prepared dressing 1 lb 6 oz (2 ⅛ cups) over about 12 lb 2 oz (1 ½ gal) vegetable and pasta mixture. Stir well.</p>
Ground black or white pepper		½ tsp		1 tsp	<p>6 Transfer about 12 lb 2 oz (1 ½ gal) macaroni salad to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>7 Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
					<p>8 Critical Control Point: Hold at 40 °F or below.</p>
Paprika		1 tsp		2 tsp	<p>9 Garnish with paprika.</p>
					<p>10 Serve 1 cup (portion with 8 oz spoodle).</p>

NUTRITION INFORMATION

For 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
Calories	178
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Total Fat	3 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	223 mg
Total Carbohydrate	37 g
Dietary Fiber	3 g
Total Sugars	12 g
Added Sugars included	N/A
Protein	5 g
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Vitamin A	143 mcg RAE
Vitamin C	26 mg
Vitamin D	0 IU
Calcium	28 mg
Iron	1 mg
Potassium	123 mg
N/A = no data available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh red bell peppers	15 oz	1 lb 14 oz
Fresh green bell peppers	15 oz	1 lb 14 oz
Fresh carrots	12 oz	1 lb 8 oz
Fresh celery	15 oz	1 lb 14 oz
Fresh red onions	9 oz	1 lb 2 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

25 Servings	50 Servings
About 12 lb 2 oz	About 24 lb 4 oz
About 1 ½ gal/1 steam table pan (12" x 20" x 2 ½").	About 3 gal/2 steam table pans (12" x 20" x 2 ½").

SOURCE:

CACFP Adult Portion Recipe Project

