

Macaroni Salad

Meal Components: Grains

Salads, Side Dishes, E-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt		2 Tbsp 2 tsp	3 1/2 oz	1/3 cup	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 1/4 cups	5 lb 4 oz	1 gal 2 1/2 cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Rinse under cold water.
Reduced calorie salad dressing	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
OR	OR	OR	OR	OR	3. Add salad dressing or mayonnaise. Mix
Lowfat mayonnaise	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
*Fresh carrots, chilled, shredded	8 oz	3/4 cup 2 Tbsp	1 lb	1 3/4 cups	4. Add carrots, celery, onions, pickle relish, pepper, dry mustard, and salt. Toss lightly. Spread 3 lb 13 1/2 oz (approximately 3 qt 1/2 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 2 pans.
*Fresh celery, chilled, chopped	8 oz	2 cups	1 lb	1 qt	

Sweet pickle relish, chilled, undrained	4 oz	1/2 cup	8 oz	1 cup	
Ground black or white pepper		1 tsp		2 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
Salt		1 tsp		2 tsp	
Paprika		1 1/2 tsp		1 Tbsp	<p>5. Garnish with paprika</p> <p>6. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.</p> <p>7. Portion with No. 8 scoop (½ cup).</p>

Notes

Comments:

*See Marketing Guide.

Variation:

A. Macaroni and Ham Salad

50 servings: Follow steps 1-3. In step 4, use 3 lb 14 oz diced cooked ham (water added). Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, use 7 lb 12 oz diced cooked ham. Continue with steps 5-7.

1/2 cup (No. 8 scoop) provides 3/4 oz equivalent grains

A new nutrient analysis will be coming.

Edited April 2014. Restandardization in Progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 oz
Mature onions	5 oz	10 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides 3/4 oz equivalent grains	50 Servings: about 7 lb 11 oz 100 Servings: about 15 lb 6 oz	50 Servings: about 1 gallon 2 1/4 quarts 2 pans 100 Servings: about 3 gallons 1/2 cup 4 pans

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Nutrients Per Serving

Calories	144	Saturated Fat		Calcium	10 mg
Protein	4 g	Cholesterol	6 mg	Sodium	262 mg
Carbohydrate	25 g	Vitamin A	1330 IU	Dietary Fiber	2 g
Total Fat	3 g	Iron	1 mg		