



# Macaroni Salad

## USDA Recipe for CACFP

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

### CACFP CREDITING INFORMATION

**¾ cup (6 fl oz spoonful) provides ¼ cup vegetable and 1 oz equivalent grains.**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	<b>1</b> Heat water to a rolling boil.  <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.  <b>3</b> 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 1 ¾ cups	3 lb 2 oz	2 qt 3 ½ cups	
Low-fat mayonnaise	10 ⅔ oz	1 cup	1 lb 5 ½ oz	2 cups	
White vinegar		¼ cup		½ cup	
Sugar	8 oz	1 cup	1 lb	2 cups	
Mustard	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh red bell peppers, diced	8 oz	1 ½ cups	1 lb	3 cups	<p><b>4</b> Combine macaroni, bell peppers, pimientos, carrots, celery, onions, salt, and pepper in a large bowl. Mix well.</p> <p><b>5</b> Pour dressing over vegetable and pasta mixture. Mix well.</p> <p><b>6</b> Transfer 1 gal 2 qt (about 6 lb 7 ½ oz) Macaroni Salad to a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p><b>7</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.</p> <p><b>8</b> Critical Control Point: Hold at 40 °F or below.</p> <p><b>9</b> Garnish with paprika.</p> <p><b>10</b> Portion with 6 fl oz spoodle (¾ cup).</p>
*Fresh green bell peppers, diced	8 oz	1 ½ cups	1 lb	3 cups	
Pimientos, canned, diced, drained		2 Tbsp	2 oz	¼ cup	
*Fresh carrots, shredded	9 oz	2 ¾ cups	1 lb 2 oz	1 qt 1 ½ cups	
*Fresh celery, diced	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Fresh red onions, diced	5 oz	1 cup	10 oz	2 cups	
Salt		¾ tsp		1 ½ tsp	
Black or white pepper, ground		½ tsp		1 tsp	
Paprika		1 tsp		2 tsp	



**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>25 Servings</b>	<b>50 Servings</b>
Mature red onions	6 oz	12 oz
Red bell peppers	10 oz	1 lb 4 oz
Green bell peppers	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 oz
Carrots	11 oz	1 lb 6 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 Proces #2: Same Day Service.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 6 lb 7 ½ oz	About 12 lb 15 oz
About 3 qt 1 cup/1 steam table pan (12" x 20" x 2 ½")	About 1 gal 2 qt 2 cups/2 steam table pans (12" x 20" x 2 ½")

