



Spicy Summer Harvest Pasta

Tender roasted asparagus and other fresh vegetables mixed with soba noodles and a spicy dressing.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Pennsylvania Department of Education

Preparation Time: 30 minutes

Cook Time: 13 minutes

NSLP/SBP crediting information:

1 cup provides 1/8 cup red/orange vegetable, 1/2 cup other vegetable, 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Asparagus, fresh, trimmed, 1/2 inch pieces	5 lb 5 oz		10 lb 10 oz		<ol style="list-style-type: none"> Preheat convection oven to 350 °F. Toss the cut asparagus with vegetable oil. Place in a single layer on sheet trays and place in oven for 8 minutes. When done cooking, cool in refrigerator. Critical Control Point: Cool to 41 °F or lower within 4 hours. Mix mayonnaise, Italian dressing, garlic herb seasoning, sriracha powder, and black pepper until well combined.
Oil, vegetable		1/4 cup		1/2 cup	
Mayonnaise, light	4 oz	1/2 cup	8 oz	1 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salad dressing, Italian, light		1 ½ cups		3 cups	
Garlic herb seasoning	2 oz	¾ cup	4 oz	1 ½ cups	
Sriracha powder	¾ oz	2 tsp	1 ½ oz	1 Tbsp 1 tsp	
Black pepper, ground	1 oz	3 Tbsp	2 oz	¼ cup 2 Tbsp	
*Cucumber, unpeeled, ½ inch dice	1 lb 14 oz		3 lb 12 oz		4. Combine the asparagus, cucumbers, tomatoes, onions, peppers, noodles, and dressing mixture together. Critical Control Point: Hold for cold service at 41 °F or lower.
*Tomatoes, grape, halved	2 lb 9 oz		5 lb 2 oz		5. Serve 1 cup. Portion with 8 fl oz spoodle.
*Onions, red, ½ inch dice	1 lb 8 oz		3 lb		
*Bell pepper, green, ½ inch dice	1 lb		2 lb		
Soba noodles, whole grain, pre-cooked	3 lb 11 oz		7 lb 6 oz		



**SPICY SUMMER HARVEST PASTA
NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	115
<hr/>	
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	124 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	5 g
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	29 mg
Iron	2 mg
Potassium	255 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Asparagus	10 lb 10 oz	21 lb 4 oz
Cucumbers	1 lb 15 oz	3 lb 14 oz
Onions, red	1 lb 12 oz	3 lb 8 oz
Bell peppers, green	1 lb 4 oz	2 lb 8 oz
Tomatoes, grape	2 lb 12 oz	5 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Asparagus size will vary based on region, type, and other factors. Consult with your produce supplier regarding the specification of the asparagus you will be purchasing. If the product is standard size, stalks may need to be cut in half lengthwise as well.

*If Sriracha powder can't be found, cayenne can be substituted .05 oz or 1/8 tsp for 50 servings .1oz or 1/4 tsp for 100 servings.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 50 cups About 17 lb	About 100 cups About 34 lb

