

Kentucky Dept. of Education

001417 - Pasta Salad for Lemon Chicken

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Servings

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Henderson County HS

904003 Veggie Pasta..... 48 OZ 011641 Squash, Yellow..... 4 medium 011953 Zucchini..... 4 medium 903891 Green Onion, chopped..... 32 Each 901062 ONIONS,RED,RAW..... 4 Medium chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 4 Chopped 903892 PEPPERS RED SWEET,..... 4 Chopped 902761 Jalapeno Peppers, seeded and minced..... 4 each 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 8 medium chopped 011205 Cucumber, scored and cut into 1/4 slices..... 4 each (8-1/4") 903846 Extra Virgin Olive Oil..... 2 CUP 002047 SALT, TABLE..... 8 TSP 903895 Chipolte Seasoning..... 5 TBSP + 1 TSP 799939 GARLIC, RAW..... 8 cloves, minced 799981 Limes, juice only..... 16 fruit (2" dia) 799974 LEMON, juice only..... 8 each 002030 PEPPER, BLACK..... 8 TSP, ground 120333 Tomato Juice..... 6 CUP 019296 HONEY..... 4 CUP	Bring a pot of salted water to a boil. Add pasta and cook 10-15 minutes or until al dente. Drain and rinse with cold water. Using the veggetti machine spiral cut the yellow squash and zucchini saving a few strands to garnish. In a mixing bowl combine olive oil, salt, chipotle seasoning, garlic, lime juice, lemon juice, pepper, tomato juice and honey; mix well using a wire whisk. In a large bowl combine the pasta, onion, red and green peppers, jalapenos, tomatoes and cucumbers, tossing well. Add the honey mixture and toss again. Drain the pasta salad then place the salad in the center of the plate . Serve with Lemon Herb Chicken and garnish.
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*Nutrients are based upon 1 Portion Size (Servings)

Calories	301 kcal	Cholesterol	*0.00* mg	Sugars	*24.32* g	Calcium	*28.23* mg	29.93%	Calories from Total Fat
Total Fat	10.02 g	Sodium	513.97 mg	Protein	*5.24* g	Iron	*0.64* mg	4.10%	Calories from Sat Fat
Saturated Fat	1.37 g	Carbohydrate	52.93 g	Vitamin A	*260.91* IU	Water ¹	*85.44* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.97* g	Vitamin C	*33.61* mg	Ash ¹	*1.44* g	70.27%	Calories from Carbohydrates
								6.96%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.