

Macaroni Salad

Grains/Breads

Salads and Salad Dressings

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 ½ oz	⅓ cup	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ 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 OR Lowfat mayonnaise	1 lb 8 oz OR 1 lb 8 oz	3 cups OR 3 cups	3 lb OR 3 lb	1 qt 2 cups OR 1 qt 2 cups	3. Add salad dressing or mayonnaise. Mix.
*Fresh carrots, chilled, shredded	8 oz	¾ cup 2 Tbsp	1 lb	1 ¾ cups	4. Add carrots, celery, onions, pickle relish, pepper, dry mustard, and salt. Toss lightly. Spread 3 lb 13 ½ oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
*Fresh celery, chilled, chopped	8 oz	2 cups	1 lb	1 qt	
*Fresh onions, chopped	4 oz	⅓ cup	8 oz	1 ½ cups	
Sweet pickle relish, chilled, undrained	4 oz	½ 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 ½ tsp		1 Tbsp	5. Garnish with paprika.
					6. CCP: Cool to 41° F or lower within 4 hours.
					Cover. Refrigerate until service.
					7. Portion with No. 8 scoop (½ cup).

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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 oz
Mature onions	5 oz	10 oz

SERVING:

½ cup (No. 8 scoop) provides 1 serving of grains/breads.

YIELD:

50 Servings: about 7 lb 11 oz

100 Servings: about 15 lb 6 oz

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts
2 pans

100 Servings: about 3 gallons ½ cup
4 pans

Edited 2004

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.

Serving: ¾ cup (No. 6 scoop) provides ¾ oz equivalent meat/meat alternate and 1 serving of grains/breads.

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Nutrients Per Serving					
Calories	144	Saturated Fat	0.49 g	Iron	1.18 mg
Protein	3.67 g	Cholesterol	6 mg	Calcium	10 mg
Carbohydrate	25.03 g	Vitamin A	1330 IU	Sodium	262 mg
Total Fat	3.10 g	Vitamin C	1.0 mg	Dietary Fiber	1.7 g