

Greek Pulse and Pasta Salad



Nutrition Facts

Per serving (125 mL/4 oz)

Amount Per Serving

Calories 152 Calories from Fat 67
% Daily Value

Fat 7 g **11%**

Saturated Fat 2 g 8%

Trans Fat 0 g

Polyunsaturated Fat 3 g

Monounsaturated Fat 2 g

Cholesterol 4 mg **1%**

Sodium 461 mg **19%**

Potassium 157 mg **4%**

Total Carbohydrate 18 g **6%**

Dietary Fibre 2 g 10%

Sugars 3 g

Protein 4 g

Vitamin A 10% Vitamin C 30%

Calcium 4% Iron 7%

Thiamin 13% Riboflavin 7%

Niacin 6% Vitamin B6 5%

Folate 16% Vitamin B12 1%

Phosphorus 7% Zinc 4%



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STEP INSTRUCTIONS

- ① Cook, drain and chill pasta.
- ② Drain and rinse black beans and red kidney beans.
- ③ Combine all ingredients listed for step 2 with pasta and mix gently to combine.

NOTES:

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	Rotini Pasta, Dry	5 cups (600 g)	1.2 kg	3 kg	6 kg
2	Green Pepper, Fresh, Thinly Sliced	2 cups (310 g)	620 g	1.6 kg	3 kg
	Red Pepper, Fresh, Thinly Sliced	2 cups (310 g)	620 g	1.6 kg	3 kg
	Long English Cucumbers, Fresh, Diced	1 cup (162 g)	325 g	810 g	1.6 kg
	Red Onions, Fresh, Thinly Sliced	1 cup (215 g)	430 g	1 kg	2 kg
	Greek Feta Salad Dressing	4 cups (800 g)	1.9 kg	4.8 kg	9.5 kg
	Black Beans, Canned	3 ¼ cups (810 mL)	1.3 L	3.2 L	6.4 L
	Red Kidney Beans, Canned	3 ¼ cups (810 mL)	1.3 L	3.2 L	6.4 L
	Ripe Olives, Sliced and Drained	½ cup (364 g)	728 g	1.8 kg	3.6 kg
	Feta Cheese, Crumbled	1 ⅔ cups (200 g)	400 g	1 kg	2 kg
	Cherry Tomatoes, Fresh, Halved	1 ½ cups (311 g)	622 g	1.6 kg	3 kg