

CHEF & CHILD FOUNDATION RECIPE COLLECTION

FETTUCCINI SALAD

Antonietta Pendleton, CEC, HAAC
ACF Professional Chefs Association
of South Jersey

**SERVINGS
PER RECIPE: 6**



Ingredients:

- 1 pound cooked fettuccini
- 1 tablespoon chopped parsley
- 6 tablespoons olive oil
- 1 cup tuna, cut-up
- 1 cup chopped tomatoes
- 8 black olives, sliced
- 2 ounces pine nuts
- 2 pimentos, thinly sliced
- 2 garlic cloves, minced
- Salt & pepper
- Additional parsley for garnish

Directions:

1. Cook fettuccini al dente.
2. In a separate skillet, sauté garlic and pine nuts in olive oil until translucent.
3. Add tomatoes and cook for approximately one minute. Place in large bowl and cool.
4. When cool, add cooked fettuccini. Mix together.
5. Add tuna, pimento, olives and parsley, mix well but gently.
6. Season to taste with salt and pepper. Garnish with additional parsley.
7. Allow to stand at room temperature for three hours before serving.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size (48g)	Total Fat 23g	35%	Total Carb 59g	20%
Servings Per Container	Sat. Fat 4g	20%	Fiber 4g	16%
Calories 530	Trans Fat 0g		Sugars 4g	
Fat Cal. 210	Cholest. 15mg	5%	Protein 21g	
	Sodium 240mg	10%		
	*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
	Vitamin A 6% • Vitamin C 8% • Calcium 2% • Iron 20%			



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