

# Satisfying Pasta Salad

Looking for more protein without adding meat? Enjoy this chilled, high-protein pasta salad made with low-fat cottage cheese. The pasta even contains added protein from whey protein concentrate. With 17 grams of protein per serving, this dish is an excellent source of protein. Consumers will love its fresh taste and the way it fills them up.



## MARKET INSIGHTS

- Research shows that more than 25% of adults are reducing or eliminating meat from their diets and looking for additional sources of protein.
- At least 20 grams of protein may be needed at each meal to optimally stimulate and maintain muscles.
- Approximately 95% of consumers love the taste of cheese and value it as an ingredient.
- Consumers are paying more attention to food and beverage labels, looking for easy-to-recognize ingredients.

## INGREDIENTS

	Usage Levels (%)
Cottage cheese, low-fat	43.61
Pasta (semolina and whole wheat blend with whey protein concentrate 80) dried	18.21
Water, distilled (gained in preparation of the pasta)	16.16
Cherry tomatoes, fresh	12.83
Olives, calamata, pitted	3.21
Capers, canned, drained	2.24
Onion, red, fresh, chopped	1.60
Herb, parsley, fresh, chopped	0.96
Seasoning, McCormick Italian medley	0.64
Garlic, minced, wet	0.45
Spice, pepper, black, ground	0.06
Spice, chili pepper, red, crushed flakes	0.03
<b>Total</b>	<b>100.00</b>

INGREDIENTS: Low-fat cottage cheese, dried pasta noodles (semolina flour, whole wheat flour, water, whey protein concentrate, vegetable oil, salt), water, tomatoes, pitted Calamata olives, capers, onion, parsley, Italian medley spice blend, garlic, black pepper, chili pepper.

Contains: milk, wheat

## BENEFITS OF USING U.S. DAIRY

### Cottage Cheese

- Boosts the nutritional value while being delicious and versatile
- Can easily be adapted to fit a variety of applications

### Whey Protein Concentrate 80

- Boosts protein content in food and is easily digested and absorbed by the body
- Contains all of the essential amino acids required by the body for good health

## NUTRITIONAL CONTENT

### U.S. Label

## Nutrition Facts

Serving Size 1.5 Cups (182g)  
Servings Per Container

Amount Per Serving		
Calories 210	Calories from Fat 45	
		% Daily Value*
<b>Total Fat</b> 5g		<b>8%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 10mg		<b>3%</b>
<b>Sodium</b> 450mg		<b>19%</b>
<b>Total Carbohydrate</b> 24g		<b>8%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 4g		
<b>Protein</b> 17g		<b>31%</b>
Vitamin A 8%	Vitamin C 10%	
Calcium 8%	Iron 2%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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## PREPARATION

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1. **Cook pasta for 10 minutes in boiling water. Drain. Set aside. Chill.**
2. **Slice tomatoes and olives in half.**
3. **Dice onion.**
4. **Chop parsley.**
5. **Combine all ingredients and mix well.**
6. **Serve refrigerated.**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.