



Orzo Pasta with Green Peas

A load of good things flavor Orzo Pasta with Green Peas! They include orzo, peas, and a light creamy sauce flavored with basil and lemon zest.

CACFP Adult Portion Crediting Information

1 ½ cups (two 6 oz spoodles) provide ½ cup vegetable (⅛ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable), and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Canola oil		¾ cup		1 ½ cups	1 Heat oil in a large stock pot. 2 Add onions and red bell peppers. Cook uncovered over high heat for 2-4 minutes or until onions are translucent.
*Fresh onions, diced	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	
*Fresh red bell peppers, diced	1 lb 4 oz	3 ¾ cups	2 lb 8 oz	1 qt 3 ½ cups	
Whole-wheat orzo pasta	3 lb 2 oz	1 qt 3 ¼ cups	6 lb 4 oz	3 qt 2 ½ cups	3 Add pasta and 1 qt 3 cups water. Set remaining water aside for step 4. Cook uncovered over high heat for 3-5 minutes or until water has almost been absorbed by pasta.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cup		1 gal 3 qt	
Canned low-fat evaporated milk		1 cup		2 cups	4 Add remaining water, milk, and chicken base. Cook uncovered over medium heat for 3-6 minutes.
Low-sodium chicken base		1/3 cup		2/3 cup	
Low-fat parmesan cheese, grated	4 oz	1 cup	8 oz	2 cups	5 Add cheese, pimientos, and peas. Cook uncovered over medium heat for 4 minutes.
Pimientos, chopped	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
Frozen green baby peas, thawed, drained	1 lb 8 oz	1 qt	3 lb	2 qt	
Water, hot		1 qt 3 cup		3 qt 2 cups	6 Remove from heat, add hot water stir well. Fold in basil and lemon zest and let rest for 5 minutes for flavors to marry.
Fresh basil leaves, julienne		1/2 cup		1 cup	
Lemon zest		1 Tbsp 1 tsp		2 Tbsp 2 tsp	8 Pour 2 gal (about 17 lb 2 oz) pasta mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Portion two 6 oz spoodles (1 1/2 cups).



NUTRITION INFORMATION

For 1 ½ cups (two 6 oz spoodles)

NUTRIENTS	AMOUNT
Calories	343
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Total Fat	9 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	266 mg
Total Carbohydrate	53 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	12 g
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Vitamin A	98 mcg RAE
Vitamin C	61 mg
Vitamin D	8 IU
Calcium	114 mg
Iron	3 mg
Potassium	413 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions, diced	1 lb 15 oz	3 lb 14 oz
Fresh red bell peppers, diced	1 lb 12 oz	3 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 17 lb 2 oz	About 34 lb 4 oz
About 2 gal/1 steam table pans (12" x 20" x 2 ½")	About 4 gal/2 steam table pans (12" x 20" x 2 ½")

SOURCE:

CACFP Adult Portion Recipe Project

