

Orzo Pasta with Green Peas

This recipe includes orzo pasta, onions, peppers, green peas, and a healthy sauce that has a bold flavor. When hunger calls this is sure to satisfy.

CACFP Home Childcare Crediting Information

1 cup (1 cup measuring cup or 8 oz spoodle) provides ½ cup vegetable (¼ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅛ cup other vegetable), and 1 oz equivalent grains.



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

- ⅛ cup or 1 oz Canola oil
- 1 ½ cups or 6 oz Fresh onion, diced
- 1 cup or 6 oz Fresh red bell peppers, diced
- 1 cup or 7 oz Whole-wheat orzo pasta
- 3 cups Water
- ¼ cup or 2 oz Canned low-fat evaporated milk
- 1 Tbsp or 1 oz Low-sodium chicken base
- ⅓ cup or 1 ½ oz Low-fat parmesan cheese, grated
- ½ cup or 5 oz Pimientos, chopped
- 1 ¼ cups or 6 oz Frozen green baby peas, thawed, drained
- ⅛ cup Fresh basil leaves, julienned
- 1 tsp Lemon zest

Directions

- 1 Heat oil in a large saucepan over medium high heat.
- 2 Add onions and red bell peppers. Sauté uncovered for 2-4 minutes or until onions are translucent.
- 3 Add pasta and 1 cup water. Cook uncovered over high heat for 3-5 minutes or until water has almost been absorbed by pasta.
- 4 Add remaining water, milk, and chicken base. Cook uncovered over medium heat for 3-6 minutes.
- 5 Add cheese, pimientos, and peas. Cook uncovered over medium heat for 4 minutes. Stir well.
- 6 **Critical Control Point:** Heat to 140 °F or higher for at least 15 seconds.
- 7 Remove from heat, cover, and let rest for 5 minutes. Fold in basil and lemon zest and let rest for 3 minutes for flavors to marry.
- 8 Pour pasta mixture into a baking dish (8" x 8" x 2").
- 9 **Critical Control Point:** Hold for hot service at 140 °F or higher until served.
- 10 Serve 1 cup (portion with 1 cup measuring cup or 8 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 242, Protein 9 g, Carbohydrates 36 g, Dietary Fiber 4 g, Total Sugars 6 g, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 7 mg, Sodium 268 mg, Vitamin A 124 mcg RAE, Vitamin C 71 mg, Vitamin D 9 IU, Calcium 138 mg, Iron 2 mg, Potassium 365 mg

