



Orzo Pasta With Green Peas

USDA Recipe for CACFP

Basil, lemon zest, and low-fat Parmesan cheese are the perfect complement to green peas and orzo pasta. This fresh, flavorful dish will perk up any meal!

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides 1 oz equivalent grains.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|-----------------------------------|-------------|---------------------------|-------------|---------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Canola oil | | ½ cup | | 1 cup | 1 Heat oil in a large stock pot. |
| *Fresh onions, diced | 8 oz | 1 cup 1 Tbsp | 1 lb | 2 cups 2 Tbsp | 2 Add onions. Cook uncovered over high heat for 2–4 minutes or until onions are translucent. |
| Whole-wheat orzo pasta | 1 lb 9 oz | 1 qt | 3 lb 2 oz | 2 qt | 3 Add pasta and 3½ cups water. Cook uncovered over high heat for 3–5 minutes or until water has almost been absorbed by pasta. Set remaining water aside for step 4. |
| Water | | 1 qt 3 cups | | 3 qt 2 cups | |
| Milk, low-fat, evaporated, canned | | ½ cup (⅓ 12 fl oz can) | | 1 cup (⅔ 12 fl oz can) | 4 Add remaining water, milk, and chicken base. Cook uncovered over medium heat for 3–6 minutes. |



| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------|--|-------------|--|--|
| | Weight | Measure | Weight | Measure | |
| Chicken base, low-sodium | | 3 Tbsp | | $\frac{1}{4}$ cup 2 Tbsp | |
| Parmesan cheese, low-fat, grated | 6 oz | 2 $\frac{1}{8}$ cups | 12 oz | 1 qt $\frac{1}{4}$ cup | 5 Add cheese, pimentos, and peas. Cook uncovered over medium heat for 4 minutes. |
| Pimentos, chopped | 5 oz | $\frac{2}{3}$ cup $\frac{2}{3}$ tsp | 10 oz | 1 $\frac{1}{3}$ cups 1 $\frac{1}{3}$ tsp (approx. $\frac{1}{8}$ No. 10 can) | |
| Green baby peas, frozen, thawed, drained | 4 oz | $\frac{3}{4}$ cup | 8 oz | 1 $\frac{1}{2}$ cups | |
| Basil leaves, fresh, julienne | | $\frac{1}{4}$ cup | | $\frac{1}{2}$ cup | 6 Fold in basil and lemon zest. |
| Lemon zest | | 2 tsp | | 1 Tbsp 1 tsp | |
| | | | | | 7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| | | | | | 8 Pour 3 qt (about 6 lb) pasta mixture into a steam table pan (12" x 20" x 2 $\frac{1}{2}$ "). 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 with No. 8 scoop ($\frac{1}{2}$ cup). |
| | | | | | |



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 169 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 7 mg |
| Sodium | 203 mg |
| Total Carbohydrate | 23 g |
| Dietary Fiber | 5 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 6 g |
| Vitamin D | 5 IU |
| Calcium | 98 mg |
| Iron | 1 mg |
| Potassium | 150 mg |
| Meal Components | |
| Grains | 1 oz |

N/A=data not available.

For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Mature onions | 10 oz | 1 lb 4 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 6 lb | About 12 lb |
| About 3 qt/1 steam table pan (12" x 20" x 2½") | About 1 gal 2 qt/2 steam table pans (12" x 20" x 2½") |