



Orzo Pasta With Green Peas

USDA Recipe for Schools

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!

NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1 cup		2 cups	1 Heat oil in a large stock pot.
*Fresh onions, diced	1 lb	2 cups 2 Tbsp	2 lb	1 qt ¼ cup	2 Add onions. Cook uncovered over high heat for 2–4 minutes or until onions are translucent.
Whole-wheat orzo pasta	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	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		3 qt 2 cups		1 gal 3 qt	
Evaporated milk, low-fat, canned		1 cup (⅔ 12 fl oz can)		2 cups (1⅓ 12 fl oz cans)	4 Add remaining water, milk, and chicken base. Cook uncovered over medium heat for 3–6 minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken base, low-sodium		¼ cup 2 Tbsp		¾ cup	
Parmesan cheese, low-fat, grated	12 oz	1 qt ¼ cup	1 lb 8 oz	2 qt ½ cup	5 Add cheese, pimentos, and peas. Cook uncovered over medium heat for 4 minutes.
Pimentos, chopped	10 oz	1⅓ cups 1⅓ tsp (approx. ⅛ No. 10 can)	1 lb 4 oz	2⅔ cups 2⅔ tsp (approx. ¼ No. 10 can)	
Green baby peas, frozen, thawed, drained	8 oz	1½ cups	1 lb	3 cups	
Basil leaves, fresh, julienne		½ cup	2½ oz	1 cup	6 Fold in basil and lemon zest.
Lemon zest		1 Tbsp 1 tsp		2 Tbsp 2 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 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					9 Critical Control Point: Hold for hot service at 135 °F or higher.
					10 Portion with No. 8 scoop (½ 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	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 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

50 Servings	100 Servings
About 12 lb	About 24 lb
About 1 gal 2 qt/2 steam table pans (12" x 20" x 2½")	About 3 gal/4 steam table pans (12" x 20" x 2½")

