

Orzo with Peppers and Spinach

Featured Item: Peppers

Serving Size: 3/4 cup • Yield 4

Fun Facts:

A bell pepper has the highest amount of vitamin C than any produce item.

Try It!

Peppers are tasty raw or tossed with some olive oil and roasted or grilled.

INGREDIENTS

- 1 cup** uncooked orzo pasta
- 1** orange pepper, chopped
- 1** red pepper, chopped
- 1** yellow pepper, chopped
- 2 cups** spinach, chopped
- 3** garlic cloves, minced
- 1/2 teaspoon** Italian seasoning
- 1/4 teaspoon** salt
- 1/4 teaspoon** pepper
- 1/4 cup** olive oil
- 1/2** lemon, juiced
- 1/2 cup** Parmesan cheese, grated



DIRECTIONS

1. Prepare orzo according to package instructions. Cook to al dente and set aside.
2. Prep the produce:
 - dice the peppers
 - mince the garlic
 - chop the spinach
3. Combine orzo with peppers, garlic, spinach, Italian seasoning, olive oil, lemon juice, Parmesan cheese, salt and pepper.

NUTRITION FACTS

Calories: 155
Total Fat: 4g
 Saturated Fat: 1g
 Trans Fat: 0
Cholesterol: 5mg
Sodium: 148mg
Total Carbohydrate: 24g
 Dietary Fiber: 1.5g
 Total Sugars: 2g
Protein: 6g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

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Recipe and nutritional info provided by our partner,
Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



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Local Foods for Growing Minds



Rainbow Grain and Bean Salad

Featured Item: Peppers

Serving Size: 3/4 cup • Yield 5

Fun Facts:

A bell pepper has the highest amount of vitamin C than any produce item.

Try It!

Peppers are tasty raw or tossed with some olive oil and roasted or grilled.

INGREDIENTS

3 tablespoons olive oil
2 tablespoons apple cider vinegar
1 tablespoon lemon juice
2 tablespoons honey
1 teaspoon dijon mustard
1 tablespoon water
1/4 teaspoon salt
1/8 teaspoon pepper
1/2 cup broccoli, chopped
1/2 cup red bell pepper, chopped
1/2 cup yellow bell pepper, chopped
1 celery stalk, chopped
1 green onion, sliced
3/4 cup black beans
2 cups grain of choice, such as: brown rice, quinoa, barley, farro, multi-grain medley, prepared

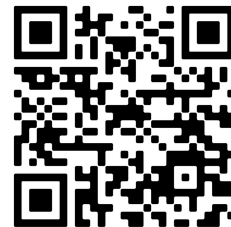


DIRECTIONS

1. In a small bowl, whisk together olive oil, vinegar, lemon juice, honey, dijon mustard, water, salt and pepper. Set aside.
2. Place vegetables, beans and grain of choice in a large bowl and combine with dressing.

NUTRITION FACTS

Calories: 230
Total Fat: 9g
Saturated Fat: 1g
Trans Fat: 0
Cholesterol: 0
Sodium: 290mg
Total Carbohydrate: 34g
Dietary Fiber: 4.5g
Total Sugars: 8.5g
Protein: 5g



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