



# FEED OUR FUTURE®

*Local Foods for Growing Minds*



SCHOOL RECIPE

## Orzo with Peppers and Spinach

**Featured Item: Peppers**  
Serving Size: 3/4 cup • Yield 50

**HACCP Process #2:**  
Same day service

**Child Nutrition Credit:**  
0.75 oz Grain, 1/4 cup Red/Orange Vegetable, 1/8 cup Other Vegetable

### INGREDIENTS

**3 lb., 2 oz.** orzo pasta, uncooked  
**2 lbs.** orange peppers  
**2 lbs.** red peppers  
**2 lbs.** yellow peppers  
**12.5 oz.** spinach  
**1/3 c.** garlic cloves  
**1 Tbsp.** Italian seasoning  
**1 1/2 c.** olive oil  
**1/3 c.** lemon juice, preferably squeezed from fresh lemon  
**3 c., 2 Tbsp.** Parmesan cheese, grated  
**1 2/3 tsp.** salt  
**1 tsp.** pepper



### DIRECTIONS

1. Prepare orzo according to package instructions. Cook to al dente and set aside.
2. Prep the produce:
  - o dice the peppers
  - o mince the garlic
  - o 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.

**ENJOY!**

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

Email [ohiofeedourfuture@gmail.com](mailto:ohiofeedourfuture@gmail.com) for full nutrition facts.



# Rainbow Grain and Bean Salad

**Featured Item: Peppers**  
Serving Size: 3/4 cup • Yield 50

**HACCP Process #2:**  
Same Day Service

**Child Nutrition Credit:**  
0.75 oz Whole Grain, 3/8 cup Other Vegetable, 1/8 cup Dark Green Vegetable, 1/8 cup Beans/Peas

## INGREDIENTS

**1 3/4 c., 2 Tbsp.** olive oil  
**1 1/4 c.** apple cider vinegar  
**1/2 c., 2 Tbsp.** lemon juice  
**1 1/4 c.** honey  
**3 Tbsp., 1 tsp.** dijon mustard  
**1/2 c., 2 Tbsp.** water  
**2 1/2 tsp.** salt  
**1 1/4 tsp.** pepper  
**2 lbs.** broccoli  
**3 lbs.** red bell pepper  
**3 lbs.** yellow bell pepper  
**10** green onions  
**2 qt., 2 c.** black beans  
**1 gal., 1 qt.** grain of choice (suggestions include: brown rice, quinoa, wild rice, barley, farro, multi-grain medley)



## DIRECTIONS

1. Pre-prep:
  - o cook the grain of choice (could be done the day ahead or utilize leftover from previous day)
  - o chop the broccoli, red pepper, yellow pepper and green onion
  - o drain the beans
2. In a bowl, whisk together olive oil, vinegar, lemon juice, honey, dijon mustard, water, salt and pepper. Set aside.
3. Place prepared vegetables, drained beans, and grain into a hotel pan. Toss 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



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