

# 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.

# 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

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



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