



Orzo with Lemon and Herbs



No. E-022-00

Yield 25 Portions

Each Portion $\frac{3}{4}$ cup (5- $\frac{1}{2}$ oz)

Pan Size and Number

Steam-Jacketed Kettle, 12 x 20 x 2 $\frac{1}{2}$ -Inch Steam Table Pans (1)

Time 20 min.

Cereals and Pasta Products

Go for Green® Color and Sodium Codes

Yellow (Eat Occasionally) Moderate Sodium

Nutrition Facts

Calories 201

Carbohydrates
34 g

Sugars* 2 g

Protein 6 g

Fat 5 g

Saturated Fat
0.6 g

Cholesterol 0 mg

Sodium 654 mg

Calcium 30 mg

Fiber 1.9 g

Ingredients

Ingredient	Measure	Weight	Approx. Issue
SALT	2 tbsp	1- $\frac{1}{4}$ oz	
MUSTARD, PREPARED, DIJON	$\frac{3}{4}$ tsp	$\frac{1}{8}$ oz	
GARLIC, GRANULATED	$\frac{3}{4}$ tsp	$\frac{1}{8}$ oz	
BASIL, SWEET, CRUSHED	1 tbsp	$\frac{1}{8}$ oz	
OREGANO, CRUSHED	1 tbsp		
PEPPER, BLACK, GROUND	$\frac{3}{4}$ tsp		
ONION POWDER	$\frac{3}{4}$ tsp		
JUICE, LEMON, BOTTLED	$\frac{2}{3}$ cup	5- $\frac{1}{2}$ oz	

OIL, OLIVE	1/3 cup	2-3/4 oz	
OIL, VEGETABLE, CANOLA	2 tbsp	1 oz	
ONIONS, FRESH, YELLOW, DICED 1/4-INCH	1 qt	1 lb 8 oz	1 lb 11 oz
WATER	1-1/2 gal	11 lb 5 oz	
SALT	1-1/2 tsp	1/3 oz	
ORZO, DRY	1 qt + 1-1/4 cups	2 lb 4 oz	

Directions

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Combine salt, mustard, garlic, basil, oregano, black pepper, and onion powder in a mixing bowl. Using a wire whip, add lemon juice and olive oil. Cover and reserve dressing for use in Step 4.
- Add 1 oz vegetable oil to a steam-jacketed kettle or stock pot. Cook onions for 8 to 10 minutes until tender; stirring constantly.
- Add reserved dressing; stir. Bring to a boil. CP: Hold hot for use in Step 8.
- For orzo, add salt to water in a steam-jacketed kettle or stock pot; heat to a rolling boil.
- Add orzo; stirring constantly. Return to a boil and cook 8 minutes; stirring occasionally.
- Immediately remove from heat and drain thoroughly.
- Add cooked orzo to the onion-lemon mixture. Heat to a simmer while gently stirring for 1 minute to coat the orzo with the sauce. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
- Transfer approximately 8 lb 8 oz (4-3/8 qt) prepared orzo to each (12 x 20 x 2-1/2-inch) steam table pan. CP: Cover and hold for hot service at 135°F (57°C).

Recipe Notes

- In Step 2, 10 oz A.P. (2-1/2 fresh lemons) will yield 3/8 cups juice, per 25 portions, and may be substituted for bottled or frozen juice.
- Recipe may be prepared up to 6 hours in advance and may be served cold. To serve cold: In Step 7, rinse orzo with cold water before coating with dressing, transfer 8 lb 8 oz (4-3/8 qt) prepared orzo to each pan. CP: Quick chill pasta. Cover and CP: Hold at 41°F (5°C) for cold service.