



FLOUR CITY PASTA

Bon Vivant Orzo

Wild Mushroom, Saffron, Spinach & Cayenne flavored Orzo

Bon Vivant Orzo with Mushrooms, Snow Peas and Pine Nuts

Ingredients:

- 1lb bon vivant orzo, cooked al dente (boil 6-8 minutes)
- 2 tsp. olive oil
- 2 shallots, minced
- 1lb. fresh mushrooms, your choice
- ½ lb. snow peas
- ¾ cup pine nuts, toasted
- Salt and fresh ground black pepper

Directions:

1. Heat olive oil in medium skillet.
2. Add shallots and sauté.
3. Add mushrooms and cook until browned.
4. Add snow peas, cook 1 minute more.
5. Add pine nuts.
6. Add orzo.
7. Salt and pepper to taste and serve.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 3g 4% Total Carb. 79g 26%			
Serv. Size 1/4 lbs (113g)				
Serv. Per Cont. 3				
Calories 380				
Fat Cal. 25				
Sat. Fat 0.5g 3% Fiber 5g 18%				
<i>Trans</i> Fat 0g Sugars 0g				
Cholest. 0mg 0% Protein 17g				
Sodium 0mg 0%				
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 4% • Vitamin C 0% • Calcium 4% • Iron 20%				

INGREDIENTS: Organic Wheat, Durum, Natural Wheat Protien, Organic Cayenne Powder, Organic Spinach Powder, Mushroom, Shitake, Mushroom, Reishi, Mushroom, Chantrell, Mushroom Porcini, Saffron Threads

CONTAINS: Wheat

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