



# FLOUR CITY PASTA

## ORIENT EXPRESS ORZO

Lemon Ginger, Cayenne, Chive & Plain Orzo

### CHICKEN SALAD

#### Ingredients:

- 1lb. orient express orzo cooked al dente 8-10 minutes
- ½ lb. snap peas
- 1 cup water chestnuts, drained
- 3 cups cooked chicken, diced
- 3 green onions, chopped
- 1 red bell pepper, diced
- ½ cup vegetable oil
- 3 Tbs. rice wine vinegar
- 2 Tbs. soy sauce
- 2 tsp. hoisin sauce
- 2 oz. slivered almonds, toasted

#### Directions:

1. Cook snap peas as desired.
2. Combine snap peas, orzo, water chestnuts, chicken, green onion and red bell pepper in a large bowl.
3. Whisk together oil, vinegar, soy sauce and hoisin sauce in a small bowl.
4. Pour over orzo mixture and lightly toss to coat.
5. Cover and chill.
6. Serve with toasted almonds as a garnish.

| <b>Nutrition Facts</b>  | Amount/serving            | %DV*                | Amount/serving     | %DV*                   |
|---|---------------------------|---------------------|--------------------|------------------------|
|   | Serv. Size 1/4 lbs (113g) | <b>Total Fat</b> 3g | <b>4%</b>          | <b>Total Carb.</b> 79g |
| Serv. Per Cont. 3   | Sat. Fat 0.5g             | <b>3%</b>           | Fiber 4g           | <b>18%</b>             |
| <b>Calories</b> 390   | <i>Trans Fat</i> 0g       |                     | Sugars 0g          |                        |
| Fat Cal. 25   | <b>Cholest.</b> 0mg       | <b>0%</b>           | <b>Protein</b> 17g |                        |
|   | <b>Sodium</b> 0mg         | <b>0%</b>           |                    |                        |
| *Percent Daily Values (DV) are based on a 2,000 calorie diet. | Vitamin A 2%              | • Vitamin C 4%      | • Calcium 4%       | • Iron 20%             |

INGREDIENTS: Organic Wheat, Durum, Natural Wheat Protein, Organic Lemon Powder, Organic Chive Rings, Organic Ginger Powder, Organic Turmeric Powder

CONTAINS: Wheat

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