



FLOUR CITY PASTA

PRIMAVERA ORZO

Lemon Garlic, Parsley, Chive & Plain Flavored Orzo

ORZO SALAD

Ingredients:

- 1lb. primavera orzo, cooked al dente (about 8 minutes).
- ¾ cup shallots, minced
- 12 ounces mushrooms, sliced
- 1 lb. asparagus, trimmed and cut into ½ inch pieces
- 1-1/2 cup peas
- ¾ cup walnuts, chopped fine

Vinaigrette:

- 6 Tbs. red wine vinegar
- 4 Tbs. olive oil
- 1 Tbs. whole grain mustard
- 3 Tbs. brown sugar

Directions:

1. In large oiled skillet over medium-high heat, cook shallots 3-4 minutes until soft.
2. Add mushrooms and cook 5 minutes.
3. Add asparagus and cook until just tender.
4. Stir in peas, season to taste and set aside while peas cook slightly.
5. Whisk together the vinaigrette ingredients in a small bowl until emulsified.
6. Place pasta, vegetables and vinaigrette in large bowl- stir lightly to combine.
7. Sprinkle with walnuts and serve.

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*	
	Total Fat 3g	4%	Total Carb. 79g	26%	
Serv. Size 1/4 lbs (113g)	Sat. Fat 0.5g	3%	Fiber 5g	18%	
Serv. Per Cont. 3	<i>Trans</i> Fat 0g		Sugars 0g		
Calories 390	Cholest. 0mg	0%	Protein 17g		
Fat Cal. 25	Sodium 0mg	0%			
*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 Protien, Organic Garlic Powder, Organic Lemon Powder, Organic Parsley Leaf, Organic Chive Rings, Organic Turmeric Powder, Organic Spinach Powder

CONTAINS: Wheat

Flourcitypasta.com