

Meals from the Heart

Mediterranean Orzo

Servings | 30

Ingredients

For the dressing:

2 cups	extra-virgin olive oil
1/2 cup	apple cider vinegar
3/4 cup	Dijon mustard
1/2 cup	lemon juice
1 jar	caper brine (capers will be tossed with cooked orzo)
2 tbsp.	onion powder
1 jar	roasted red peppers, drained
1 can	pitted black olives, drained

For the orzo:

3 lbs.	orzo
1 jar	artichoke hearts, rough chopped
2 jars	roasted red peppers, drained and diced
1 jar	capers, drained
2 cans	black olives, drained and rough chopped
1/2 bunch	fresh parsley, stemmed and chopped

Directions

- Preheat one oven to 425° F.
- Add 1/4 cup kosher salt to a large pot, then fill it 3/4 full with water. Cover and bring to a boil. Once the pot is at a boil, cook the orzo according to package instructions, stirring frequently. Drain in a large colander, then add orzo to a full-size hotel pan (above white fridges in kitchen).
- While orzo, chicken, and garbanzos (chicken and garbanzo instructions on other page) are cooking, prepare the dressing. In a large bowl, whisk together all dressing ingredients except for peppers and olives. Add the jar of peppers and the can of olives to the food processor and puree to a paste. Stir this into the vinaigrette mixture.
- Once orzo is cooked and in the hotel pan, add the dressing along with all additional “for the orzo” ingredients and toss well. Set aside.
- When garbanzos are finished cooking, toss into the orzo mixture.
- When chicken has finished cooking, add to a large crock pot on warm setting to serve. Set the oven on “Keep Warm” and place orzo pan into the oven to keep warm.
- Serve orzo and chicken along with a large bowl of spinach and dressing on the side.

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Seasoned Garbanzos & Chicken

Servings | 30

Ingredients

For the chicken:

6 lbs.	boneless, skinless chicken thighs, cubed
1/4 cup	extra-virgin olive oil, divided
2 tbsp.	lemon juice
2 tbsp.	kosher salt
1 1/2 tbsp.	black pepper
1 1/2 tbsp.	smoked paprika
1 1/2 tbsp.	Italian seasoning

For the garbanzos:

4 - 15.5 oz.	garbanzos, drained cans well
1/4 cup	extra-virgin olive oil, divided
1 1/2 tbsp.	onion powder
1 1/2 tbsp.	garlic powder
2 tbsp.	ground cumin
1 1/2 tbsp.	ground coriander
2 tbsp.	smoked paprika
1 1/2 tsp.	cinnamon
1 1/2 tsp.	sugar

Directions

- Preheat one oven to 425° F.
- Cube the chicken and add to a full-size hotel pan (found above white fridges in kitchen). Toss with 1/4 cup of olive oil and 2 tbsp. of lemon juice. Combine the seasonings in a small bowl, then add to the chicken. Toss well, then place pan in preheated oven, uncovered. Bake, tossing and rotating pan every 10 minutes, until chicken is cooked and a food thermometer inserted into chicken reads 165° F.
- *See orzo recipe for final instructions.*
- Line one large baking sheet with aluminum foil. Add the drained garbanzos and the oil to the baking sheet, tossing well to coat.
- In a small bowl, combine all the spices. Add the spice mix to the garbanzos and toss well.
- Place the baking sheet on the unoccupied rack in the oven and bake for 15-20 minutes or until garbanzos are beginning to get crispy and spices are fragrant.
- *See orzo recipe for final instructions.*

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Meals from the Heart

Shopping List

Servings | 30

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

3 pounds	orzo pasta
1 - 12 oz. jar	artichoke hearts (marinated if available)
1 - 3.5 fluid oz. jar	non-pareil capers
3 - 12 fluid oz. jars	roasted red peppers
3 - 6 oz. cans	pitted black olives
4 - 15.5 oz cans	garbanzo beans
1 - 12 oz. bottle	Dijon mustard
1 small bottle	lemon juice
1 large bottle	Italian dressing
6 pounds	boneless, skinless chicken thighs*
1 - 16 oz. tubs	fresh baby spinach
1 bunch	fresh flat-leaf parsley

*If you are shopping at Costco, scan this QR code to see a great pre-cooked chicken option—2 packages for this recipe!



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