

Meals from the Heart

Mediterranean Orzo

Servings | 40

Ingredients

For the dressing:

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

For the orzo:

5 lbs.	Orzo
2 tubs	fresh baby spinach
2 jars	artichoke hearts, rough chopped
3 jars	roasted red peppers, drained and diced
2 jars	capers, drained
4 cans	black olives, drained and rough chopped
1 bunch	fresh parsley, stemmed and chopped

Directions

- Preheat both ovens to 430° 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 split across two full-size hotel pans. Stir one tub of spinach into each pan of warm orzo.
- 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 2 jars of peppers and 2 cans of olives to the food processor and puree to a paste. Stir this into the vinaigrette mixture. Once orzo is cooked and in hotel pans, split the dressing and all additional “for the orzo” ingredients across the two pans and toss well.
- When garbanzos are finished cooking, toss into the orzo mixture, 1 baking sheet per hotel pan. Turn the garbanzo oven down to 250° F and place both orzo pans in to keep warm until service.
- When chicken has finished cooking, stir into one of the orzo pans, including the accumulated juices.
- Serve both chicken and vegetarian orzo pans.



Meals from the Heart

Seasoned Garbanzos & Chicken

Servings | 40

Ingredients

For the chicken:

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

For the garbanzos:

8 - 15.5 oz. cans	garbanzos, drained well
1/2 cup	extra-virgin olive oil, divided
3 tbsp.	onion powder
3 tbsp.	garlic powder
1/4 cup	ground cumin
3 tbsp.	ground coriander
1/4 cup	smoked paprika
1 tbsp.	cinnamon
1 tbsp.	sugar

Directions

- Preheat both ovens to 430° F.
- Cube the chicken and split across two full-size hotel pans. Toss with 1/4 cup of olive oil and 2 tbsp. of lemon juice in each pan. Combine the seasonings in a small bowl and distribute evenly across the two pans. Toss well, then place both pans in one oven, uncovered. Bake, tossing and rotating pans every 10 minutes, until chicken is cooked and a food thermometer inserted into chicken reads 165° F.
- *See orzo recipe for final instructions.*
- Line two large baking sheets with aluminum foil. Divide the drained garbanzos and the oil across the two baking sheets, tossing well to coat.
- In a small bowl, combine all the spices. Divide the spice mix across the two baking sheets and toss well.
- Place both sheets in the unoccupied 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 | 40

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.

5 pounds	orzo pasta
2 - 12 oz. jars	artichoke hearts (marinated if available)
2 - 3.5 fluid oz. jars	non-pareil capers
5 - 12 fluid oz.	roasted red peppers
6 - 6 oz. cans	pitted black olives
8 - 15.5 oz cans	garbanzo beans
1 - 12 oz. bottle	Dijon mustard
1 small bottle (at least 6 oz.)	lemon juice
12 pounds	boneless, skinless chick- en thighs*
2 - 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—3
packages for this recipe!



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