



## DESCRIPTION

Who doesn't LOVE pasta with vegetables, cream and cheese? Watch as Carrie and the A-TV team make a delicious lunchtime feast worthy of a king. Your stomach will be growling for an encore!

## INGREDIENTS

- 3 quarts water
- 1 tsp salt
- 2 cups orzo pasta
- 1 pound fresh asparagus (cut into 1 inch pieces)
- 3 garlic cloves, minced
- 1/2 cup red bell peppers
- 1 tsp butter, melted
- 1 tbsp olive oil
- 1 cup frozen peas, thawed
- 1/2 chicken or vegetable broth
- 1 tsp fresh lemon zest
- 1/4 tsp ground white pepper
- 1/2 cup freshly grated parmesan

## TOOLS

- dutch oven pot or heavy 4 qt. sauce pan
- serving bowl
- knife
- wooden spoon
- zesting tool

## DIRECTIONS

1. Combine the water and salt in a large Dutch oven, and bring your water to a boil.
2. Add 2 cups orzo to the boiling water and let cook for 5 minutes.
3. While the Orzo is cooking, chop up the asparagus. When the orzo has cooked for 5 minutes add your asparagus to the pot and cook for 4 more minutes.
4. When the 4 minutes is up, have an adult drain the orzo and asparagus and then set them aside in a large serving bowl.
5. Now chop the bell pepper and garlic. Now we are going to re-use our Dutch oven to sauté the garlic and peppers. Add 1 teaspoon of butter and 1 tablespoon of olive oil to the pot.
6. Now add your garlic and peppers to the pan and let them sauté for one minute over medium heat. Remember to stir them constantly.
7. Add the peas and let the mixture cook another minute.

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Did you know there's a free web video for this activity with step-by-step instructions?  
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**COOKING**  
**ORZO PRIMAVERA**  
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8. Now add the stock, lemon zest, and white pepper. Bring the mixture to a boil and cook for 1 minute.
9. Have an adult add the vegetable mixture to the orzo. Toss the ingredients together and top with freshly grated parmesan. Now grab a bowl and I'll start dishing out our orzo.

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