

# ISLAND GROWN HARVEST OF THE MONTH MAY 2014 HERBS

## Herbed Orzo (*serves 4*)

8 oz. orzo

4 TBL. Olive oil

Peel of 1 lemon, approximately 2 tsp. zest

1/2 C. Fresh herbs, chopped parsley, chives, thyme, oregano, basil are all good choices

Cook orzo according to package directions, drain and cool to room temperature. Put into a bowl and dress with olive oil, lemon zest and fresh herbs. Add salt and pepper to taste.

*recipe by Robin Ledoux-Forte*



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## Ervas com Orzo (*4 porções*)

8 onças orzo (um tipo de macarrao)

4 colher de sopa de azeite de oliva

Casca de 1 limao cortada, cerca de 2 colheres de raspa

1/2 xícara de ervas frescas, salsinha picada, cebolinha, tomilho, orégano, manjericao sao todas boas escolhas

Cozinhe orzo de acordo com as instruções da embalagem, escorra e arrefecer à temperatura ambiente. Coloque em uma tigela e mistura com azeite de oliva, as raspa de limao e ervas frescas. Adicione sal e pimenta a gosto.

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