



Veal Panino, Orzo Romano and Broccoli Italiano

Meal Time - 30 minutes
Serves 4

Shopping List

DAIRY

one 10-ounce container light alfredo sauce

DELI

1 package prosciutto panino (about 1/2 pound)

DRY GROCERY

1 tablespoon grated Parmesan cheese
1 tablespoon lemon juice
1 tablespoon olive oil
1 teaspoon Montreal steak seasoning
1/4 cup white wine
3 tablespoons flour
8 ounces orzo pasta (1/2 box)
large zip-top bag
olive oil-flavored cooking spray
one 2-ounce jar diced pimientos

one 4-ounce can portabella mushrooms

MEAT

1 1/2 pounds veal cubed steaks

PRODUCE

1 pound broccoli florets
1 teaspoon sage
2 tablespoons onion flakes
2 teaspoons roasted garlic

SUGGESTED ITEMS

Italian bread
tiramisu

Cooking Sequence

- Put water on to boil for pasta; prepare broccoli through step 2 - 5 minutes
- Prepare veal through step 3; add pasta and onions to boiling water - 5 minutes
 - Continue veal through step 6 - 10 minutes
- Complete pasta; complete broccoli and serve - 10 minutes

Utensils and Cookware

large sauté pan with lid	knife and cutting board
cooking spoons	measuring utensils
tongs	
5-quart saucepan with lid	
colander	
microwave-safe bowl with lid	

Shortcuts and Tips

Panino is a pinwheel of prosciutto and mozzarella cheese that is displayed with our Deli cheeses. Thin slices of ham and provolone cheese could be substituted.

Nutritional Analysis Per Serving

Calories (kcal) 768 Total Fat (g) 29.3 Saturated Fat (g) 13.5 Cholesterol (mg) 188 Carbohydrate (g) 64.9 Dietary Fiber (g) 5.1 Protein (g) 59.4 Sodium (mg) 1146 Potassium (mg) 1027 Calcium (mg) 389 Iron (mg) 5.5 Vitamin A 46% Vitamin C 158% Calcium 39% Iron 30%

Veal Panino

INGREDIENTS

3 tablespoons flour
1 teaspoon sage
1 teaspoon Montreal steak seasoning
large zip-top bag
1 1/2 pounds veal cubed steaks
olive oil-flavored cooking spray
one 4-ounce can portabella mushrooms
1/4 cup white wine
1 package prosciutto panino (about 1/2 pound)
salt and pepper, to taste

2. Preheat sauté pan on medium-high for 2-3 minutes.
3. Spray pan with cooking spray. Using tongs, add veal and sauté 3 minutes. Open and drain mushrooms; set aside.
4. Turn steaks over. Add wine and mushrooms; reduce heat to medium and simmer 5 minutes, or until sauce thickens.
5. Slice panino into 4 equal pinwheel portions.
6. Place 1 panino slice on top of each steak. Salt and pepper to taste. Cover, remove from heat and let stand 5 minutes, or until cheese is melted. Serve.

STEPS

1. Place flour, sage and Montreal seasoning in zip-top bag and shake to mix. Add veal and shake to coat. Wash hands.

Orzo Romano

INGREDIENTS

8 ounces orzo pasta (1/2 box)
2 tablespoons onion flakes
one 10-ounce container light alfredo sauce
one 2-ounce jar diced pimientos
salt and pepper, to taste

2. Check water for boil. When boiling remove lid, add orzo and onions. Cook 7 minutes.
3. Drain pasta and return to pan. Reduce heat to low; add alfredo sauce and pimientos (undrained). Stir and simmer 5 minutes.
4. Salt and pepper to taste, stir and serve.

STEPS

1. Fill saucepan 3/4 full of hot tap water, cover and place on high heat to boil for orzo.

Broccoli Italiano

INGREDIENTS

1 pound broccoli florets
2 teaspoons roasted garlic
1 tablespoon olive oil
1 tablespoon lemon juice
salt and pepper, to taste
1 tablespoon grated Parmesan cheese

needed. Place in a microwave-safe bowl.
2. Add garlic, olive oil, lemon juice, salt and pepper to taste. Stir, cover and place in microwave.
3. Cook on high 4 minutes.
4. Remove from microwave, stir in cheese and serve.

STEPS

1. Wash broccoli and cut into bite-size pieces, if