

NUTRITION PER SERVING:

CALORIES	205
PROTEIN	9 G
CARBOHYDRATE	24 G
TOTAL FAT	7 G

PREP TIME:	10 MINUTES
COOK TIME:	25 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 C PASTA

INGREDIENTS:

1 C DRY WHOLE-GRAIN ORZO (PASTA)

1 TBSP OLIVE OIL

1 TSP GARLIC, MINCED (ABOUT 1 CLOVE)

1 C JARRED ROASTED RED PEPPERS IN NATURAL JUICE, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)

2 C LOW-SODIUM CHICKEN BROTH

1 TBSP FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

1 TBSP FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

½ C SHREDDED PART SKIM MOZZARELLA CHEESE



ROASTED RED PEPPER AND TOASTED ORZO

PAIR THIS RICH SIDE DISH WITH GRILLED CHICKEN OR FISH

- 01 Preheat oven to 400 °F. Place orzo on a baking sheet and toast in the oven for 5 minutes, or until it just begins to brown (or brown in a saucepan). Remove from heat and cool slightly.
- 02 Heat olive oil in a medium saucepan over medium heat. Add garlic, and cook gently until it gets soft, but does not brown (about 30 seconds).
- 03 Add peppers, and cook until heated through.
- 04 Add toasted orzo and chicken broth. Bring to a boil and simmer gently, stirring often until the pasta has absorbed all of the liquid and is fully cooked, about 10–15 minutes. (If necessary, add 2 more tablespoons broth at a time, up to ¼ cup.)
- 05 Add herbs and cheese. Toss gently to mix; do not overmix or the cheese will become gummy. Serve immediately.

