



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.

