



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.

