BODYELITEFIT

ROASTED RED
PEPPER AND TOASTED ORZO

PAIR THIS RICH SIDE DISH WITH GRILLED CHICKEN OR FISH

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

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 o live o il in a m edium s aucepan o ver m edium h eat. A dd 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, about10–15 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

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