

**NUTRITION PER SERVING:**

<b>CALORIES</b>	205
<b>PROTEIN</b>	9 G
<b>CARBOHYDRATE</b>	24 G
<b>TOTAL FAT</b>	7 G

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<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	25 MINUTES

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<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 C PASTA

**INGREDIENTS:**

<b>1 C</b>	DRY WHOLE-GRAIN ORZO (PASTA)
<b>1 TBSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT 1 CLOVE)
<b>1 C</b>	JARRED ROASTED RED PEPPERS IN NATURAL JUICE, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY)
<b>2 C</b>	LOW-SODIUM CHICKEN BROTH
<b>1 TBSP</b>	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>1 TBSP</b>	FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
<b>½ C</b>	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.

