



IN *The Villages*[®]
America's Healthiest Hometown

Roasted Red Pepper and Toasted Orzo

Prep Time: 10 minutes

Cook Time: 25 minutes

Yields: 4 servings

Serving Size: 1 C pasta

Ingredients:

1 C dry whole grain orzo

1 Tbsp olive oil

1 tsp garlic, minced (about 1 clove)

1 C jarred roasted red peppers in natural juice, drained and diced

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

Directions:

1. 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. Remove from heat and cool slightly.
2. 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).
3. Add peppers and cook until heated through.
4. 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).
5. Add herbs and cheese. Toss gently to mix; do not overmix or the cheese will become gummy. Serve immediately.

Nutritional Information:

Calories: 205

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 9 mg

Sodium: 234 mg

Total fiber: 5 g

Protein: 9 g

Carbohydrates: 24 g

Potassium: 126 mg