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Orzo Veggies

Browning the orzo gives it a toasty flavor.

- 1 pound asparagus, trimmed
- 3 bell peppers (red, green and yellow)
- 6 green onions, chopped
- 1 cup grape tomatoes, halved
- 1 medium zucchini
- 4 tablespoons olive oil, divided
- 1 garlic clove, crushed
- 1 tablespoon Italian seasoning
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon coarsely ground black pepper
- 1 cup orzo
- 2 cups low-sodium vegetable or chicken broth
- $\frac{1}{2}$ cup pine nuts, toasted
- $\frac{3}{4}$ cup crumbled feta cheese

1. Preheat oven to 350F.
2. Cut vegetables, except tomatoes, into bite-size pieces. Place first 5 ingredients (asparagus through zucchini) in a 13 x 9-inch baking dish. Add 2 tablespoons olive oil, garlic, Italian seasoning, salt and pepper. Toss well. Roast 30 minutes or until vegetables are tender.
3. Add remaining 2 tablespoons olive oil to a large saucepan. Add orzo and sauté until brown. Add broth. Bring to a boil, reduce heat to low, and cook, covered, until liquid is absorbed.
4. Add orzo to roasted vegetables. Mix well. Sprinkle pine nuts and cheese over top. Cover with foil and bake 30 minutes. Serve hot or at room temperature. Serves 8.

Per serving: 310 calories, 17g fat, 15mg chol., 9g prot., 31g carbs., 4g fiber, 520mg sodium.

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