

Orzo with peppers and asparagus

Michele Wagner, Highlands Ranch, CO

Cook 1 cup **orzo pasta** as package directs, rinse, and transfer to a bowl. In a large frying pan over high heat, heat 2 tbsp. **olive oil**. Add $\frac{1}{2}$ cup *each* thinly sliced **red, yellow, and orange bell pepper**; 2 tbsp. minced **garlic**; and 1 lb. **asparagus**, ends trimmed and cut into thirds. Cook, stirring often, until softened. Add to orzo with $\frac{1}{4}$ cup mixed chopped **mint, basil, and flat-leaf parsley**; $\frac{1}{4}$ cup grated **parmesan**; 2 tbsp. olive oil; $\frac{3}{4}$ tsp. **kosher salt**; and $\frac{1}{4}$ tsp. **pepper**. Serve with more cheese. Serves 5.

PER SERVING 276 CAL., 42% (117 CAL.) FROM FAT; 9.2 G PROTEIN; 13 G FAT (2.6 G SAT.); 32 G CARBO (2.3 G FIBER); 271 MG SODIUM; 3.9 MG CHOL.

