

Orzo Garden Pilaf with Lemon and Herbs

Ingredients

2 tablespoons olive oil
6 scallions, thinly sliced, white and light-green parts only
1 cup whole-wheat orzo pasta
1 3/4 cups low-sodium chicken or vegetable broth
1 cup cherry tomatoes, cut into quarters
1 cup grated zucchini (6 ounces)
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons chopped fresh basil leaves
1 tablespoon fresh lemon juice
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

Directions

Heat the oil in a large saucepan over medium heat. Once the oil shimmers, stir in the scallions; cook until softened, 1 to 2 minutes. Add the orzo and cook, stirring, for 2 minutes.

Pour in the broth and increase the heat to high; once it comes to a boil, reduce the heat to medium-low, cover and cook for 8 to 9 minutes, or until the orzo is tender and most of the liquid is absorbed.

Stir in the tomatoes and zucchini; cover and cook for 2 minutes. Remove from the heat; stir in the parsley and basil, lemon juice, salt and pepper, and serve.

Makes 4 servings

Per serving: Calories (using low-sodium vegetable broth) 240; Total Fat 8g (Saturated Fat 1g); Cholesterol 0mg



Source: Ellie Krieger (elliesrealgoodfood.com)