

# Roasted Red Pepper and Toasted Orzo

From the National Heart, Lung, and Blood Institute

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## Ingredients

- 1 cup dry whole-grain orzo (pasta)
- 1 Tbsp. olive oil
- 1 tsp. garlic, minced (about 1 clove)
- 1 cup jarred roasted red peppers in natural juice, drained and diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
- 2 cups 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 cup shredded part skim mozzarella cheese

## Instructions

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 (or brown in a saucepan). 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. (If necessary, add 2 more tablespoons broth at a time, up to ¼ cup.)
5. Add herbs and cheese. Toss gently to mix; do not overmix or the cheese will become gummy. Serve immediately.

**Makes 4 servings**

**Serving size: 1 cup**

## Nutrition information per serving

Calories: 205	Dietary Fiber: 5 g
Total Fat: 7 g	Sodium: 234 mg
Saturated Fat: 2 g	Protein: 9 g
Cholesterol: 9 mg	Carbohydrates: 24 g