

Roasted Vegetable Orzo

Ingredients:

½ cup	Orzo, dry, whole wheat
½ teaspoon	Olive oil
1 cup	Chicken stock
2 cups	Vegetables; zucchini, mushrooms, onions
2 each	Garlic cloves, minced
1 teaspoon	Olive oil
¼ teaspoon	Salt
½ teaspoon	Black pepper



Method:

- Preheat oven to 375°F.
- Cut all of the vegetables, combine in a large bowl, and toss with ½ teaspoon olive oil, salt, and pepper.
- Spread the vegetables on a sheet-tray.
- Roast the vegetables for 20-30 minutes.
- To make the orzo: preheat a large pan at medium heat, add 1/2 teaspoon of olive oil.
- Add orzo until lightly toasted; add stock.
- Allow mixture to come to a boil, cover.
- Reduce heat and simmer covered until orzo has softened about 10 minutes.
- Fold in roasted vegetables, and serve.

Nutritional Information:

Servings: 4 | Calories: 150 | Fat: 2.5 grams | Sodium: 150 milligrams
Carbohydrates: 27 grams | Protein: 5 grams | Fiber: 2 grams