

# Healthy Solutions:

## Cooking with Whole Grains



### Lemon Orzo Primavera

#### Ingredients:

- 1 ½ teaspoons olive oil
- 1 clove garlic, minced
- 1 cup whole wheat orzo
- 1 small zucchini, julienned (thin strips)
- 1 carrot, julienned (thin strips)
- 2 cups no salt added chicken broth (check ingredient lists for preservatives)
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1 tsp dried oregano or sodium free herb mix
- 1 cup baby spinach, torn
- 1 pint grape tomatoes, quartered

#### Instructions:

1. In a medium saucepan, heat olive oil over medium-high heat.
2. Saute garlic until fragrant, about 1 minute.
3. Stir in orzo, zucchini, pepper and carrot, cook for another 2 - 3 minutes.
4. Pour in broth, lemon juice, lemon zest, and oregano or herb mixture. Stir to combine.
5. Bring to a boil, then turn down to simmer. Stir occasionally, cooking until pasta is al dente, about 12 minutes.
6. Stir in spinach and tomatoes. Continue to cook until spinach wilts and tomatoes are warm. Season to taste and serve.

**Makes 4 servings Nutrition facts per serving:** Calories: 120 , Total Fat: 2 g, (Saturated Fat: 0.5 g), Sodium: 65 mg, Carbohydrate: 18 g, Fiber: 3 g, Protein: 5 g.