

Toasted Orzo with Sun-Dried Tomatoes

Serves 4

I like sun dried tomatoes that retain a bright red color. They contrast nicely with the orzo, black olives, and parsley in this dish. Toasting the orzo gives it a nutty flavor.



Ingredients:

- 1/2 cup + 2 Tbsp olive oil
- 1 1/2 cup dried orzo (400 Kcal)
- 1 tsp. salt
- 1 tsp. kosher salt
- 1/2 lemon
- 1 bundle of parsley (1 cup packed)
- 1 bundle of dill (1/2 cup chopped)
- 5 large black olives
- 5 dried tomato halves (1/3 cup chopped)
- 1/2 cup grated parmesan cheese

Equipment

- Skillet for toasting orzo
- Pan for pasta water
- Cheese grater



Orzo with Sun Dried Tomatoes:

☑	Directions	Time (min)	
	Bring 6 cups of water to a boil, add 1 tsp. salt		8
	Peel and mince 5 cloves of garlic	3	
	Heat 2 Tbsp. olive oil in a pan and toast 1 1/2 cups of orzo	5	
	Add orzo and 1 tsp. salt to boiling water and cook until al dente	1	5
	Remove juice from half a lemon	1	
	Drain orzo and reserve 1 cup of pasta water	1	
	Slice dried 5 dried tomatoes and 5 large black olives	1	
	Chop 1/4 cup parsley and 1/2 cup dill	3	
	Mix orzo with tomatoes, olives, and parsley	1	
	In a large pan, heat 1/2 cup olive oil. Add garlic and toss until fragrant	2	
	Add lemon juice, 1/2 cup of pasta water	1	
	Bring to a boil and add the rest of the parsley and dill	3	
	In the large pan, toss pasta and sauce to combine	1	
	Add 1/4 cup grated parmesan cheese and more pasta water, if necessary.	2	
	Put on plates and grate 2 oz. parmesan cheese over top	1	
	Total	30	