

RECIPE

Orzo With Green Beans and Feta

Serves 2

Ingredients:

- ½ cup orzo pasta
- 1 cup green beans, trimmed and cut into 1-inch pieces
- 2 teaspoons olive oil
- ½ small white onion, chopped
- 1 garlic clove, minced
- 1 (14-ounce) can diced tomatoes, drained
- ¼ cup crumbled feta

Directions:

1. Cook pasta according to package directions, omitting salt and fat.
2. Meanwhile, bring a pot of water to a boil. Boil green beans for 1 minute, then transfer to a bowl filled with ice water to stop cooking process. Remove beans from water and set aside.
3. Heat oil in a large skillet over medium-high heat. Add onion and garlic to skillet, and cook until softened, about 4 minutes. Stir in tomatoes and cook until heated through.
4. Toss pasta, green beans, onion-tomato mixture, and feta together in a large bowl, then serve.



Nutrition Facts

Serving Size: ½ of recipe

Calories: 268; Carbohydrates: 42 g; Protein: 8 g; Fat 9.5 g; Saturated Fat: 3.5 g;
Dietary Fiber: 5 g; Sodium: 710 mg;