



HEALTHY WORLD RECIPE

Greece: Athenian Orzo

Ingredients:

- 1 1/2 teaspoons extra-virgin olive oil
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1/4 cup dry white wine
- 1 28-ounce can deiced tomatoes
- 3 tablespoons chopped fresh parsley, divided
- 1 tablespoon drained capers
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- Pinch of crushed red pepper
- 1 pound medium shrimp, (30-40 per pound), peeled and deveined
- 1 cup orzo



Preparation:

Preheat oven to 450°F. Coat a 9-by-13-inch baking dish with cooking spray. Put a large pot of lightly salted water on to boil.

Heat oil in a 2-quart saucepan over medium heat. Add onion and garlic and cook, stirring, until softened, 3 to 4 minutes. Add wine and cook for about 1 minute. Stir in tomatoes, 1 1/2 tablespoons parsley, capers, oregano, basil, salt, pepper and crushed pepper; cook for 15 minutes. Drop in shrimp and cook, stirring, until barely pink, about 2 1/2 minutes.

Cook orzo in the boiling water until tender but still firm, 8 to 10 minutes. Drain and transfer to the prepared baking dish. Toss with the tomato-shrimp sauce. Sprinkle with feta and the remaining 1 1/2 tablespoons parsley.

Bake, uncovered, until the feta is bubbly about 10 minutes.

Source: eatingwell.com

Email askthepros@acispecialtybenefits.com if you have a healthy traditional family recipe you would like to see featured!

Servings: Makes 4 servings

Prep time: 30 minutes

Cook time: 20 minutes

Nutrition Facts (per serving):

397 calories, 9g fat, 44g carbohydrates, 4g added sugar, 34g protein, 4g fiber, 991mg sodium, 730mg



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com

