

Parmesan & Garlic Protein Orzo

A perfect meatless entrée for your busy nights!

Ingredients

- 1 tsp olive oil
- 2 packets of protein orzo
- 2 cloves garlic, minced
- 1 lg shallot or 3 green onions, sliced
- 2 cups chicken broth
- ½ cup milk
- ¼ tsp salt
- ¼ tsp fresh ground pepper
- ¾ cup Parmesan cheese, grated
- 2 cups fresh baby spinach



Directions

1. Heat oil in skillet and add orzo (uncooked). Stir until slightly browned.
2. Add garlic and shallots and cook until softened.
3. Add ½ cup chicken broth until absorbed, then add another ½ cup of broth. Continue until all the broth is absorbed.
4. Add ½ cup milk and cook until almost absorbed.
5. Toss in the spinach, salt & pepper. Stir until wilted.
6. Add ½ cup Parmesan and allow to start to melt.
7. Divide into bowls and top with remaining cheese.

Makes 2 servings

Nutrition Facts:

Calories	355
Total Fat	10g
Total Carbohydrates	13g
Dietary Fiber	3g
Protein	41g