

## Lemony orzo with zucchini and Parmesan

### Ingredients

- 1 tablespoon extra virgin olive oil
- ½ small onion, diced
- 2 cloves garlic, minced
- 1 zucchini, diced or grated
- 8 ounces orzo, preferably whole wheat
- 4½ cups vegetable or chicken stock, more as needed
- 1 lemon, zested and juiced
- 1 teaspoon Italian seasoning or oregano
- ⅓ cup fresh Italian parsley, chopped
- ⅓ cup Parmesan cheese, freshly grated
- Salt and pepper to taste



### Nutritional Information

Servings: 4

Cost: \$5.45/\$1.36 per serving

Calories: 133 per serving

### Directions

- Heat olive oil in sauté pan on medium-high.
- Add onion, garlic and zucchini.
- Sauté until onions begin to brown.
- Add orzo and stir 1 minute to toast.
- Add seasoning, stock and lemon zest and stir.
- Bring ingredients to a boil, then reduce to simmer.
- Simmer 12 minutes (whole wheat orzo might take a little longer).
- Stir in lemon juice, fresh parsley and Parmesan.
- Adjust seasoning to taste.
- Serve hot, warm or cold!