

Orzo with Vegetables



Now here is a quick summer recipe that can be perfect for the grill if you have a vegetable grilling basket, or you can just as easily make your vegetables on the stove. This cooks up pretty quickly since the orzo only takes about 8 – 10 minutes. It can be a great side dish to any meal or it's hearty enough to be the main course!

Ingredients List:

2 Tbsp. olive oil
2 garlic cloves, minced
¼ small onion, chopped
12 oz. orzo
3 cups vegetable stock
Large zip lock baggie
Bell peppers cut into strips
Zucchini sliced and quartered
Summer squash sliced and quartered
Onion coarsely chopped
Grape tomatoes cut in half
1 Tbsp. olive oil
1 ½ tsp. Italian seasoning
¼ tsp. sea salt
¼ tsp. black pepper

Instructions:

1 Heat 2 Tbsp. of olive oil in a large skillet. Add the minced garlic and chopped onion and cook, stirring for a couple minutes to soften onion. Add the orzo and cook, stirring for another 2 minutes or so.



2 Add the vegetable stock and bring to a boil over high heat. Reduce the heat, cover and simmer for about 12-15 minutes, stirring occasionally. The orzo should be tender but still firm.

3 Combine the bell peppers, zucchini, summer squash, onion and grape tomatoes in a zip lock baggie. Drizzle the Tablespoon of olive oil over the veggies and sprinkle with Italian seasoning, salt and pepper. Close bag and shake vigorously to coat the vegetables.

4 For a charcoal grill: place veggies in a greased open grill pan. Place grill pan on the grill rack directly over medium coals and grill the veggies for 12 – 15 minutes or until they are tender.

For a gas grill: Preheat grill on high, then reduce heat to medium. Place grill pan on grill rack over heat, cover and grill 12 – 15 minutes until veggies are tender. Stir occasionally.

On the stove: Place veggies in a skillet and cook on medium high heat, stirring occasionally until veggies are tender and slightly browned. You may have to add a touch of olive oil if the pan gets too dry.





5 Stir the veggies into the orzo and heat all together.

This dish can be served warm or at room temperature. We combine this with a side of steamed green beans with toasted walnuts sprinkled on top and of course a loaf of good Italian bread goes great with anything!!

I can even imagine letting this cool and for a second meal, maybe adding Italian Salad dressing and using this as a side salad to a meal. I'll have to give that one a try and let you know!

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