

Athenian Orzo



Makes:

8 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

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1

large

onion, strung, use Cone #2

8

garlic cloves, shredded, use Cone #1

¹/₄

cup

white wine

(60

mL)

56

ounces

diced tomatoes with juice

(1.6

kg)

¹/₄

cup
fresh parsley, chopped, divided
(15
g)
2
tablespoons
capers, drained
(17
g)
1
teaspoon
dried oregano
(1
g)
1
teaspoon
dried basil
(1
g)
1
teaspoon
salt
(1
g)
black pepper to taste
1
teaspoon
crushed red pepper
(1
g)
2
pounds
medium shrimp, without tails, peeled and deveined
(907
g)
3
cups
water
(700
mL)
2
cups
orzo
(395
g)
1
cup
crumbled feta cheese
(150
g)

Directions:

1. Preheat skillet over medium heat, approximately 3 minutes.
2. Add onions and garlic and sauté for 2 minutes.
3. Add wine, tomatoes, 1½ tablespoons parsley, capers, oregano, basil, salt, pepper and crushed red pepper; stir and cook for 5 minutes.
4. Add water and orzo; continue to cook for 10 minutes.
5. Add shrimp and cook, stirring, until shrimp turns pink, about 2½ minutes.
6. Sprinkle with feta cheese and the remaining parsley.
7. Remove handles, place skillet in oven and broil uncovered until the feta is bubbly, about 10 minutes.

Nutritional Information per Serving**Calories:**

395

Total Fat:

7g

Saturated Fat:

3g

Cholesterol:

189mg

Sodium:

1167mg

Total Carbs:

49g

Dietary Fiber:

4g

Sugar:

9g

Protein:

33g