

Athenian Orzo



Makes:

8 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

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Recipe:

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1 large
onion, strung, use Cone #2
8 garlic cloves, shredded, use Cone #1
¼ cup
white wine
(60
mL)
56 ounces
diced tomatoes with juice
(1.6
kg)
¼ 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 49g
Carbs:
Dietary Fiber: 4g
Sugar: 9g
Protein: 33g