

## 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