

GARLIC, EGGPLANT, HERB ORZO

Serving size: ½ cup

Makes 8 servings

- 1 cup Orzo, dry
- 2 qt Water
- 3 TBSP Canola Oil
- 2 each Garlic Cloves, crushed
- 2 ½ cups Eggplant, peeled, diced
- 2 TBSP Basil, chiffonade cut
- 1 TBSP Italian Parsley, chopped
- 2 TBSP Parmesan Cheese, shredded
- ¾ tsp Kosher Salt

Preparation:

1. Bring water to a boil in a medium pot over high heat. Add orzo and boil uncovered for approximately 8-10 minutes or until al dente. Drain well, then rinse under cold running water to stop the cooking and prevent sticking.
2. Heat oil in a skillet over medium heat. Add garlic and cook for 30-60 seconds, being careful not to burn. Add the eggplant and cook for an additional 5-10 minutes or until tender.
3. Fold in orzo then add basil, parsley, parmesan and salt. Stir to combine and continue cooking until cheese has melted.



NUTRITION FACTS PER SERVING

calories	170
total fat (g)	7
saturated fat (g)	1
sodium (mg)	190
total carbohydrate (g)	22
dietary fiber (g)	2
added sugar (g)	0
protein (g)	5



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