

CARROT ORZO

6 oz carrots (about 1 ¼ cups or 2-3 whole carrots)

1 tbsp butter

1 cup orzo

1 ½ cup water

1 ¼ cup low-sodium broth

1 large garlic clove, minced

¼ cup grated Parmesan cheese

2 tbsp chopped green onions

1 tsp minced fresh rosemary

Finely chop carrots in food processor. Melt butter in heavy medium saucepan over medium heat. Add orzo and carrots; sauté until orzo is golden, about 5 minutes. Add water, broth, and garlic; cook uncovered over medium heat until all liquid is absorbed, stirring frequently, about 10 minutes. Stir in cheese, green onions, and rosemary. Season to taste with salt and pepper and serve.

Total time: 30 minutes

Serves 4-6

From Bon Appetit