

ORZO WITH BROCCOLI, SPINACH, AND PARMESAN CHEESE

INGREDIENTS

- 1 cup uncooked orzo pasta (try to buy whole wheat version)
- 4 cups of fresh broccoli florets only (no stems)
- 4 cloves garlic finely chopped
- 3 cups of fresh spinach
- 3 tablespoons of extra virgin olive oil
- ½ cup of parmesan cheese
- salt and pepper to taste
- 4 cups of chicken broth



MATERIALS NEEDED

- 1 large mixing bowl
- 1 cutting board
- 1 knife
- 1 pot
- 1 small bowl
- Colander
- Measuring cups
- Serving utensils
- Plates

DIRECTIONS

1. Cook orzo in medium pot of chicken broth as directed until al dente. Reserve about 1/2 cup liquid before draining.
2. Drain orzo in a colander and add the oil to the pot over medium heat. Sauté garlic, spinach, salt and broccoli until vegetables are tender (about 6-8 minutes).
3. Add orzo, parmesan cheese, salt, pepper and stir to combine all. Add a little reserved liquid from cooked orzo as needed so pasta isn't dry.