

# Orzo with Speedy Spinach Sauce

Serves 4

## Ingredients:

1 lb. orzo or other small, shaped pasta  
4 Tbsp. olive oil, divided  
3 cloves garlic, finely chopped  
2 (7 oz.) pkg. Taste of Inspirations baby spinach, washed & dried  
1/2 tsp. salt, or to taste  
1/2 tsp. freshly ground black pepper, or to taste  
1/2 cup grated Parmesan cheese

## Directions:

In a large pot, bring 1 gallon very hot tap water to a boil over high heat. When water boils, sprinkle 4 tsp. salt, then add orzo. Stir pasta well and cook 7 to 9 minutes, stirring once or twice, until tender, or al dente.

Meanwhile, in a large skilled, heat 1 Tbsp. of the oil over medium-high heat. Add garlic and cook, stirring, for about 1 minutes, being careful not to burn it. Add spinach in handfuls, stirring well to make sure it all fits in skilled. Cook, stirring, for about 2 to 3 minutes until spinach is soft. Season with salt and pepper.

Drain orzo and place in a large serving bowl. Add spinach and any juices from skilled, remaining 3 Tbsp. olive oil, and cheese. Stir well. Taste for seasoning. Serve immediately.

## Nutritional Information:

*One Serving*

Calories: 620

Carbohydrates: 96g

Cholesterol: 10mg

Fat: 18g

Sodium: 840mg

Fiber: 8g

Protein: 22g

*Source: Hannaford Guiding Stars*