LOTSA PASTA
INTERNATIONAL FOOD SHOP
Recipes

GREEK ORZO

Low Fat Recipe

Feta cheese and capers give this simple dish a very Greek accent. Orzo is small pasta that resembles grains of rice.

1 small onion, diced
1 clove garlic, minced
1 teaspoon olive oil
1 can (28 ounces) plum tomatoes, drained
1 tablespoon capers, rinsed and drained
1 teaspoon dried oregano
1/2 teaspoon dried sage
1/2 teaspoon ground black pepper
1/4 teaspoon red pepper flakes
1 cup orzo
1/3 cup crumbled feta cheese

In a large non-stick frying pan over medium heat, sauté the onions and garlic in the oil for 5 minutes, or until tender. Add the tomatoes and break them up with a spoon. Stir in the capers, oregano, sage, black pepper and pepper flakes. Simmer, stirring occasionally, for 15 minutes, or until most of the liquid given off by the tomatoes has evaporated. Meanwhile, cook the orzo in a pot of boiling water for 10 minutes, or until tender. Drain and add to the pan. Stir in the feta and cook for 1 minute, or until the feta starts to melt.

Preparation time: 5 minutes
Cooking time: 15 minutes
Per serving: 183 calories, 4.1 g fat