



Lemon-Thyme Orzo Primavera

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 tablespoon extra-virgin olive oil
1 cup uncooked whole-wheat orzo pasta
1 clove garlic, minced (about ½-1 teaspoon)
1 medium zucchini, grated (about 1 cup)
1 medium carrot, grated (about ½ cup)
1¾ cups no-salt-added vegetable broth or chicken broth
Zest of 1 lemon
1 tablespoon minced fresh thyme
4 tablespoons grated parmesan cheese, divided

Directions

1. Heat a medium or large saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the uncooked orzo pasta. Cook, stirring often, until golden and fragrant, about 2-3 minutes.
4. Add the garlic, zucchini, and carrot. Cook, stirring often, for 2 minutes.
5. Add the broth and lemon zest and stir to combine.
6. Bring to a boil over high heat, then reduce the heat to low.
7. Simmer until the liquid has been absorbed and orzo is al dente (tender, yet still a little chewy), about 10 minutes.
8. Stir in the fresh thyme.
9. Serve warm, topping each serving with 1 tablespoon of the parmesan cheese.

Recipe Notes

- If you cannot find whole-wheat orzo, you can substitute a different small whole-wheat pasta
- Consider serving with baked chicken or fish and a salad for a complete meal.
- If you do not have fresh thyme, add 1 teaspoon dried thyme with the broth and lemon zest.

**Nutrition Facts Per Serving: Calories: 125 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 120 mg | Total Carbohydrate: 15 g | Dietary Fiber: 2.5 g | Protein: 6 g**

Adapted from AllRecipes.com | Submitted by Melanya Souza, RD, LDN
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