

Herbed Orzo

Great as a side dish to accompany grilled seafood or chicken

1 pound rice shaped pasta (orzo)	¼ cup green onion tops, finely chopped
½ teaspoon leaf marjoram (2 teaspoons if available fresh)	½ teaspoon green peppercorns, ground
3 tablespoons fresh parsley, finely chopped	1 teaspoon finely chopped lemon zest
1 tablespoon fresh rosemary (or other fresh herb)	1/8 teaspoon freshly grated nutmeg
1 cup diced red or yellow bell pepper	½ teaspoon salt
	1 tablespoon olive oil*

Method:

1. Cook pasta until *al dente*; drain and toss with remaining ingredients. Serve warm or at room temperature.

Makes 8 cups.

Variation:

- Add 1 tablespoon finely chopped sun-dried tomatoes, use the *olive oil from the oil cured sun-dried tomatoes in place of the 1 tablespoon called for in the ingredient list. Add 1 tablespoon fresh garlic tops, finely chopped (these are similar to chives with a hint of garlic flavor).

Nutrient calculations (per 1 cup serving):

Calories 230, Total Fat 3 g., 12 % fat (1 % saturated fat), Cholesterol 0 mg., Carbohydrate 44 g., Dietary Fiber trace, Protein 7 g., Sodium 136 mg., Calcium 25 mg., Iron 2 mg.

Exchanges: bread 2 ½ ; vegetable ½ ; fat ½