



## **Creamy Roasted Garlic & Spinach Orzo**

### **Ingredients**

1 whole garlic bulb  
1 teaspoon plus 1 tablespoon olive oil, divided  
1-3/4 cups uncooked whole wheat orzo pasta  
2-1/2 cups chicken stock  
3 ounces reduced-fat cream cheese, cubed  
1 package (9 ounces) fresh spinach, trimmed and chopped  
1/4 cup shredded Asiago cheese  
1/4 cup fat-free milk  
1 teaspoon salt-free garlic pepper seasoning blend  
1/4 teaspoon salt  
2 tablespoons minced fresh parsley

### **Method**

Preheat oven to 425°. Remove papery outer skin from garlic bulb but do not peel or separate the cloves. Cut off top of garlic bulb, exposing individual cloves. Drizzle cut cloves with 1 teaspoon oil. Wrap in foil. Bake 30-35 minutes or until cloves are soft. Unwrap. When cool enough to handle, squeeze garlic from skins.

In a Dutch oven, heat remaining oil over medium-high heat. Add pasta; cook and stir 2-3 minutes or until lightly browned. Add stock; bring to a boil. Reduce heat; simmer, covered, 10-12 minutes or until pasta is tender and liquid is absorbed.

Stir in cream cheese until melted. Add spinach, Asiago cheese, milk, seasoning blend, salt and roasted garlic; cook and stir until spinach is wilted. Sprinkle with parsley.