

One-Pan Orzo Bake



Servings: 6

*1 pint cherry tomatoes
8 ounces mushrooms, cut into quarters
1 head broccoli, cut into florets
1 onion, diced
1 teaspoon rosemary
1 teaspoon thyme
3/4 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons olive oil
1 pound orzo
3 cups vegetable stock
3 ounces parmesan cheese, grated
3/4 cup mozzarella cheese, grated*

To a roasting pan add cherry tomatoes, mushrooms, broccoli, onion, rosemary, thyme, salt, pepper, and olive oil. Place into a 400°F oven for 15 minutes.

Add orzo and vegetable stock. Mix to combine. Place back into the oven for 20 minutes.

To the top add parmesan cheese and mozzarella cheese. Place back in the oven for 5-10 minutes until the cheese is melted.

Serve

Per Serving (excluding unknown items): 223 Calories; 15g Fat (59.3% calories from fat); 14g Protein; 9g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 940mg Sodium; 4g Total Sugars; trace Vitamin D; 344mg Calcium; 1mg Iron; 402mg Potassium; 273mg Phosphorus. Exchanges: .