



## Orzo with Sundried Tomatoes and Rosemary

Yields 4 serving | Serving size: 1/2 c | Protein per serving: 1.7 g | Calories per serving: 322

### Ingredients:

- 8 oz. Orzo, Cassava [Jovial Foods](#)
- 2 TBSP Olive Oil
- 1/4 c Diced Onions
- 2 clove(s) Garlic, minced
- 1/4 c Chopped Sundried Tomatoes
- 2 fl.oz. Marsala Wine
- 1 tsp Italian Seasoning
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1 TBSP Balsamic Vinegar
- 1 TBSP Chopped Fresh Rosemary
- 20 g [Follow Your Heart](#) Parmesan Style Shredded

**\*Note:** You can use chicken or vegetable broth in place of the marsala wine. If orzo appears too dry, add some broth or water to thin.

This recipe can also be used as a base for any orzo recipe.

### Directions:

1. Cook orzo according to package instructions. Drain and rinse off any excess starch.
2. In a skillet, heat olive oil over medium heat. Add the onion and saute until translucent. Next, add the garlic and saute for another two minutes. Now add the marsala wine and stir to deglaze the skillet. Next add the orzo, Italian seasoning, salt, and pepper. Stir to combine until heated through. Remove from heat and add the rosemary, balsamic vinegar and Parmesan cheese. Serve immediately.