

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Orzo with Tomatoes and Basil

- 1 1/2 Tbs Olive oil
- 1 cup uncooked whole wheat orzo pasta (You may not be able to find whole wheat orzo at your local grocery store. I know you can get it at Whole Foods.)
- 1 red onion (chopped)
- 1 clove garlic (minced)
- 1 1/4 cups vegetable broth
- 1 pint cherry tomatoes (halved)
- 12 fresh basil leaves (chopped)
- 1 clove garlic (minced)
- 1 cup crumbled Gorgonzola cheese (This is optional. You can leave it out, or substitute a different type of cheese.)

### Instructions

1. Heat 1 1/2 tablespoons of olive oil in a saucepan over medium heat. Stir in the orzo pasta; cook and stir until the orzo has lightly browned, 3 to 4 minutes. Stir in the onion, and cook until the onion begins to soften, about 3 minutes. Add 1 clove of garlic; cook until fragrant, about 30 seconds. Pour in the vegetable broth, and bring to a boil over high heat. Reduce heat to medium-low, and cover; simmer until the orzo is tender yet still a little firm to the bite, 12 to 14 minutes.
2. In a mixing bowl, combine cherry tomatoes, 1/2 of the fresh basil, garlic, and remaining olive oil.
3. Spoon the cooked orzo into a serving bowl. Top with the tomato mixture, and sprinkle with Gorgonzola and remaining basil.