



Recipes

ORZO WITH GRILLED VEGETABLES

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| 1 tbsp (15 mL) olive oil | 1 tbsp (15 mL) olive oil |
| 3/4 tsp (3 mL) basil, crumbled | 2 cloves garlic, finely chopped |
| 3/4 tsp (3 mL) oregano, crumbled | 2 cans (10 oz/284 mL each) chicken or vegetable broth |
| 1/4 tsp (1 mL) freshly ground pepper | 1 cup (250 mL) orzo |
| 1/8 tsp (0.5 mL) salt | 1/4 cup (50 mL) freshly grated Parmesan cheese |
| 1 each green, red and yellow bell pepper | |
| 1 small red onion | |
| 4 Roma tomatoes, quartered lengthwise and seeded | |

Combine 1 tbsp (15 mL) oil, basil, oregano, pepper and salt in a heavy plastic bag; set aside. Remove seeds and stems from bell peppers. Cut into 1 inch (2.5 cm) wide strips; cut each strip in half crosswise. Trim onion, leaving root end intact. Cut onion into 16 wedges. Add bell peppers, onion and tomatoes to seasoning mixture in bag. Squeeze bag to coat vegetables with seasoning mixture. Remove vegetables from seasoning mixture. Grill vegetables in a grill wok or on a grill topper over medium heat on natural gas barbecue, stirring occasionally, for 10 - 15 minutes or until tender. Meanwhile, heat 1 tbsp (15 mL) oil in a large saucepan over medium heat. Add garlic and saute for 1 minute. Add broth and bring to a boil. Stir in orzo and return to a boil. Reduce heat; cover and simmer for 12 - 15 minutes or until orzo is tender and most of liquid is absorbed. Stir in vegetables and Parmesan cheese. Serve warm or at room temperature. Serves 4 - 6.

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