

LUNCH OR DINNER — SIDE DISH

Orzo with Spinach & Pine Nuts

Makes 4 servings · ~¾ cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 6 g · Fiber 3 g · Calories 150	

Ingredients

- 2 Tbsp pine nuts
- 1 clove garlic, minced
- 1 tsp butter, melted
- 1¾ cups water
- ¾ cup uncooked whole-wheat orzo (rice-shaped pasta)
- ¼ tsp salt
- 1 cup tightly packed chopped fresh spinach
- ¼ cup grated Parmesan cheese

Directions

1. Toast the pine nuts in a small skillet over medium heat 1–2 minutes, stirring often; set aside.
2. Sauté the garlic in the butter over medium heat 1 minute.
3. Add the water, orzo, and salt; bring to a boil, then reduce heat and cook about 12 minutes, until the liquid is absorbed.
4. Stir in the spinach, Parmesan, and pine nuts. Serve hot.

Note: Farro or quinoa make good whole-grain substitutes for the orzo.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Orzo with Spinach & Pine Nuts

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 clove garlic
- ☐ 1 bag (5 oz) spinach (about 1 cup)

DAIRY & EGGS

- ☐ 1 tsp butter
- ☐ ¼ cup Parmesan cheese

PANTRY & DRY GOODS

- ☐ 2 Tbsp pine nuts
- ☐ 1¾ cups water
- ☐ ¾ cup cooked whole-wheat orzo (rice-shaped pasta)

CHECK YOUR PANTRY

- ☐ Salt