

## May 2005 Recipe of the Month

### **Mediterranean Orzo**

2 tablespoons sun-dried tomatoes, packed without oil  
2 tablespoons hot water  
Olive oil-flavored cooking spray  
¼ cup chopped red bell pepper  
2 tablespoons chopped green onions  
2 tablespoons chopped fresh parsley  
2 tablespoons chopped kalamata olives  
2 tablespoons water  
1 tablespoon red wine vinegar  
¼ teaspoon salt  
¼ teaspoon pepper  
1 cup hot cooked orzo (about ½ cup uncooked pasta), cooked without fat or salt

1. Combine tomatoes and hot water in a small bowl; cover and let stand 15 minutes. Drain well. Chop tomatoes, and set aside.
2. Coat a small nonstick skillet with cooking spray; place over medium-high heat until hot. Add bell pepper and green onions; sauté 2 minutes or until crisp tender. Add chopped tomatoes, parsley, and next 5 ingredients; sauté 1 minute or until thoroughly heated. Remove from heat. Add orzo; toss well.

Yield: 2 servings (serving size: ¾ cup)

Per serving: 169 calories, 4.4 grams fat, 27.8 grams carbohydrate, 890 mg sodium, 0 mg cholesterol, 2 grams fiber

This recipe was recommended to us by one of our long-time participants, Sybil Becker, and taste-tested by the dietitians. This is a great side dish that brings together a variety of vegetables from the Mediterranean food pyramid, a heart healthy, plant-based eating guide. Kalamata olives are salty; use regular black olives and/or eliminate the salt to cut back on the sodium. The addition of the red wine vinegar gives this salad a lot of flavor and makes a great addition to any entrée.

Your Partners in Health,  
**Candace and Lesley**