

Greek Style Shrimp and Orzo

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/boiled-greens-greek-recipe>

Ingredients:

- 8 ounces orzo pasta
- 2 tablespoons olive oil
- 1 onion medium, cut in half, then sliced thin
- 2 carrots thinly sliced
- 3 cloves garlic chopped
- peas optional
- broccoli optional
- other vegetables optional
- 12 ounces large shrimp pre-cooked or peeled and shelled, if raw
- kale
- 4 cups greens
- chard
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- 1 lemon small
- 2 teaspoons salt to taste
- 1 teaspoon black pepper
- 1/3 cup Kalamata olives sliced, optional
- 3/4 cup feta cheese
- chopped tomatoes optional
- chopped parsley optional

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 4 grams

8. Sodium: 1370 milligrams
 9. Sugar: 6 grams
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