

Creamy Garlic Parmesan Orzo

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-orzo-recipe>

Ingredients:

- 2 cups orzo Organic
- 2 cups organic chicken or Vegetable stock, or water
- 4 tablespoons organic butter
- 1/4 cup onion Organic, diced very small
- 3 garlic cloves Organic, pressed or minced
- 3/4 cup Parmesan cheese Grated Organic
- 1/3 cup half and half Organic
- 3 tablespoons parsley Chopped Organic, or Basil, or 1 teaspoon dried
- 1 teaspoon salt
- black pepper to taste
- olive oil

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 50 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 12 grams
8. Sodium: 990 milligrams
9. Sugar: 3 grams

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