

# Baked Goat Cheese Orzo

Yield: 7 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-goat-recipe>

## Ingredients:

- unsalted butter for greasing, plus 8 Tbs., 1 stick butter
- 1 yellow onion halved and thinly sliced
- 1/2 cup all purpose flour
- 2 cups cow's milk
- 2 cups goat 's milk, cow's milk may be substituted
- 1 cup fresh goat cheese crumbled
- 1/8 teaspoon grated nutmeg freshly
- 1 tablespoon kosher salt
- 1 pound orzo pasta cooked in salted water until al dente, drained
- 1/2 cup panko Japanese bread crumbs
- 2 teaspoons fresh flat leaf parsley finely chopped

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 9 grams
8. Sodium: 1140 milligrams
9. Sugar: 1 grams

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