

SIDE DISH

Creamy Parmesan Orzo

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.63	209 kcal

Creamy Parmesan Orzo is a hor d'oeuvre that serves 4. One portion of this dish contains around 8g of protein, 7g of fat, and a total of 209 calories. For 63 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 1¼ cups fat-free, less-sodium chicken broth
- ☐ 1 cup orzo
- ☐ 4 teaspoons pine nuts, toasted
- ☐ 1¼ cups water
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons chopped fresh basil
- ☐ 1 ounce 1/4 cup grated fresh Parmesan cheese
- ☐ ¼ teaspoon salt

EQUIPMENT Sauce pan

Method

- 1

Heat butter in a medium saucepan over medium heat.
- 2

Add orzo, and cook 3 minutes, stirring constantly. Stir in broth and water; bring to a boil. Reduce heat, and simmer until liquid is absorbed and orzo is done (about 15 minutes).
- 3

Remove from heat; stir in cheese, basil, salt, and pepper.
- 4

Sprinkle with the pine nuts.
- 5

Serve immediately.

Nutrition per serving

209

KCAL

8 g

PROTEIN

7 g

FAT

29 g

CARBS

Saturated Fat

3.2 g · 20% of daily needs

Fibre

1.3 g · 5% of daily needs

Sugar

1.2 g · 1% of daily needs

Sodium

578 mg · 25% of daily needs

Cholesterol

12.3 mg · 4% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/creamy-parmesan-orzo-148374