

DINNER

Feta and Spinach Orzo

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
16 min	6 min	10 min	5	\$1.62	298 kcal

Fetan and Spinach Orzo takes roughly 16 minutes from beginning to end. One serving contains 298 calories, 12g of protein, and 8g of fat. For \$1.62 per serving, you get a main course that serves 5. Head to the store and pick up vegetable broth, flour, butter, and a few other things to make it today.

Ingredients

- ☐ 4 ounces cup crumbled feta cheese
- ☐ 2 garlic cloves, minced
- ☐ 1 tablespoon grated lemon rind
- ☐ 1½ cups uncooked orzo
- ☐ 2/3 cup finely chopped shallots
- ☐ 1½ cups vegetable broth
- ☐ 2 tablespoons all-purpose flour
- ☐ 2 tablespoons fresh lemon juice
- ☐ 1 tablespoon light butter
- ☐ ½ teaspoon salt
- ☐ 10 ounce package frozen chopped spinach, thawed, drained, and squeezed dry

EQUIPMENT Frying pan, Whisk

Method

- 1 Cook orzo according to package directions, omitting salt and fat.
- 2 Melt butter in a large nonstick skillet over medium heat.
- 3 Add shallots and garlic; cook 2 to 3 minutes or until tender.

- 4 Sprinkle flour over mixture; cook 2 minutes. Slowly whisk in broth; bring to a boil.
- 5 Add rind, juice, and salt. Simmer 3 to 5 minutes or until thick.
- 6 Combine orzo, spinach, cheese, and shallot mixture; stir until blended.

Nutrition per serving			
	298	12 g	8 g
	KCAL	PROTEIN	FAT
			46 g
			CARBS
Saturated Fat			4.1 g · 26% of daily needs
Fibre			4.4 g · 17% of daily needs
Sugar			4.9 g · 5% of daily needs
Sodium			823 mg · 36% of daily needs
Cholesterol			23.2 mg · 8% of daily needs
Vitamin C			9.9 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/feta-and-spinach-orzo-148293