



Orzo with Artichoke Pesto and Grilled Corn

 Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



607 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 servings pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved 28
- ☐ 2 ears corn
- ☐ 0.5 cup flat-leaf parsley leaves fresh
- ☐ 3 cups artichoke hearts frozen thawed
- ☐ 1 clove garlic smashed
- ☐ 0.5 teaspoons kosher salt

- ☐ 6 servings kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 lemon zest
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup oregano leaves fresh
- ☐ 1 pound orzo pasta
- ☐ 1.5 cups parmesan grated
- ☐ 0.5 cup walnut halves toasted see Cook's Note

Equipment

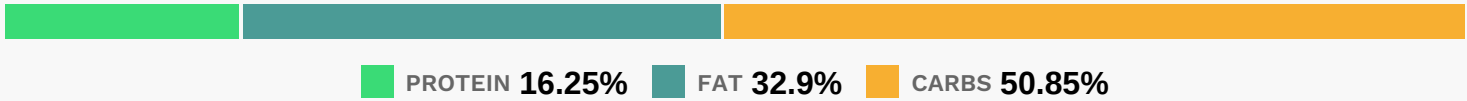
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ grill
- ☐ grill pan
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes.
- ☐ Drain and place in a large serving bowl.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

- ☐ Brush the corn with the oil, using a pastry brush. Grill, turning frequently, until the corn is tender, about 10 minutes. Allow the corn to cool slightly.
- ☐ Remove the kernels with a large knife and add to the serving bowl.
- ☐ For the pesto: In a food processor, combine 2 cups artichokes, oil, walnuts, oregano, parsley, lemon juice, garlic, lemon zest, salt and pepper. Blend, scraping down the sides of the bowl, as needed, until the mixture is thick and smooth.
- ☐ Chop the remaining 1 cup artichoke hearts into 3/4-inch pieces and add to the serving bowl.
- ☐ Add the pesto, tomatoes and Parmesan. Toss until all the ingredients are coated.
- ☐ Add salt and pepper to taste and serve.
- ☐ Cook's Note: To toast the walnuts, preheat the oven to 350 degrees F. Arrange the walnuts in a single layer on a baking sheet.
- ☐ Bake until lightly toasted, 8 to 10 minutes. Cool completely before using.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:23.23, Inflammation Score:-10, Nutrition Score:32.379564868367%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 606.81kcal (30.34%), Fat: 22.91g (35.24%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 79.64g (26.55%), Net Carbohydrates: 68.93g (25.07%), Sugar: 6.1g (6.78%), Cholesterol: 17mg (5.67%), Sodium: 862.63mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.46g (50.92%), Vitamin K: 114.21µg (108.77%), Manganese: 1.67mg (83.59%), Selenium: 54.83µg (78.33%), Folate: 212.32µg (53.08%), Phosphorus: 470.27mg (47.03%), Fiber: 10.71g (42.85%), Calcium: 425.1mg (42.51%), Vitamin C: 31.88mg (38.65%), Magnesium: 128.63mg (32.16%), Copper: 0.54mg (26.97%), Iron: 4.44mg (24.64%), Vitamin A: 1170.2IU (23.4%), Potassium: 813.1mg (23.23%), Vitamin B2: 0.37mg (21.49%), Vitamin B6: 0.41mg (20.31%), Zinc: 2.82mg (18.8%), Vitamin B3: 3.55mg

(17.73%), Vitamin B1: 0.26mg (17.32%), Vitamin E: 2.41mg (16.05%), Vitamin B5: 1.08mg (10.76%), Vitamin B12: 0.3µg (5%)