



Orzo with Grilled Shrimp, Summer Vegetables, and Pesto Vinaigrette

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil leaves plus sprigs fresh thinly sliced for garnish
- ☐ 8 ounce mozzarella cheese fresh cut into 1/2-inch cubes
- ☐ 2 heirloom tomatoes cored cut into 1/2-inch cubes (2 cups) (8 to 10 ounces total)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6.5 tablespoons olive oil extra-virgin divided
- ☐ 1.3 cups orzo pasta
- ☐ 3 tablespoons purchased pesto
- ☐ 4 tablespoons red wine vinegar divided

- ☐ 1 pound shrimp deveined uncooked peeled
- ☐ 2 medium summer squash cut lengthwise into 1/4-inch-thick slices (9 ounces total)
- ☐ 1 bell pepper red yellow quartered

Equipment

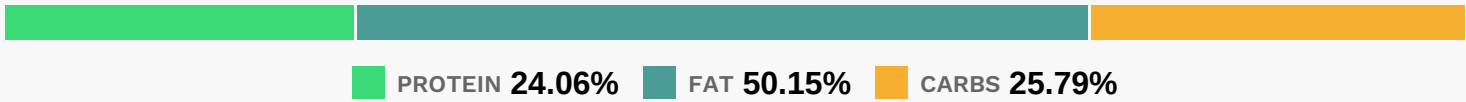
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Cook orzo in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain. Rinse with cold water; drain well.
- ☐ Transfer to large bowl and toss with 1 tablespoon oil.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk 2 tablespoons oil and 2 tablespoons vinegar in small bowl.
- ☐ Brush zucchini and bell pepper with oil mixture, then sprinkle with salt and pepper.
- ☐ Whisk pesto, lime juice, remaining 3 1/2 tablespoons oil, and remaining 2 tablespoons vinegar in small bowl for pesto vinaigrette.
- ☐ Place shrimp in medium bowl.
- ☐ Add 2 tablespoons pesto vinaigrette; toss to coat.
- ☐ Grill zucchini and bell pepper until crisp-tender, about 3 minutes per side for zucchini and 4 minutes per side for bell pepper.
- ☐ Transfer to work surface.
- ☐ Sprinkle shrimp with salt and pepper; grill until charred and cooked through, 2 to 3 minutes per side.
- ☐ Place shrimp in bowl with orzo. Chop zucchini and bell pepper; add to bowl with orzo.
- ☐ Add remaining vinaigrette, tomatoes, sliced basil, and mozzarella; toss to combine. Season to taste with salt and pepper. DO AHEAD: Can be made 2 hours ahead. Cover; chill.

Garnish with basil sprigs and serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:34.83, Glycemic Load:11.13, Inflammation Score:-7, Nutrition Score:18.773043466651%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 491.22kcal (24.56%), Fat: 27.54g (42.36%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 29.23g (10.63%), Sugar: 4.13g (4.58%), Cholesterol: 152.18mg (50.73%), Sodium: 404.13mg (17.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.72g (59.44%), Vitamin C: 55.03mg (66.7%), Phosphorus: 400.64mg (40.06%), Selenium: 27.69µg (39.56%), Calcium: 279.42mg (27.94%), Manganese: 0.55mg (27.73%), Copper: 0.48mg (24.24%), Vitamin K: 23.56µg (22.44%), Vitamin A: 1026.59IU (20.53%), Zinc: 2.9mg (19.35%), Potassium: 628.83mg (17.97%), Magnesium: 71.76mg (17.94%), Vitamin E: 2.62mg (17.46%), Vitamin B12: 0.86µg (14.36%), Vitamin B2: 0.23mg (13.81%), Vitamin B6: 0.27mg (13.74%), Fiber: 2.63g (10.51%), Folate: 40.76µg (10.19%), Iron: 1.66mg (9.25%), Vitamin B3: 1.37mg (6.85%), Vitamin B1: 0.1mg (6.36%), Vitamin B5: 0.38mg (3.78%), Vitamin D: 0.15µg (1.01%)