

Roasted Shrimp & Orzo with Feta

Barefoot Contessa



- 3/4 pound orzo
- 1/2 cup lemon juice
- 1/2 cup EVOO, [you might try it with a bit less and add more as needed for the right balance]
- 2 teaspoons salt
- freshly ground black pepper
- 2 pounds shrimp (16 to 18 count) peeled and deveined
- 1 cup minced scallions, white and green parts
- 1 cup fresh dill, chopped
- 1 cup Italian parsley, chopped
- 1 hothouse cucumber, unpeeled, seeded, and diced
- 1/2 cup red onion, minced
- 3/4 pound Feta cheese, large-diced

Per Serving (excluding unknown items): 706 Calories; 34g Fat (43.2% calories from fat); 47g Protein; 52g Carbohydrate; 3g Dietary Fiber; 281mg Cholesterol; 1582mg Sodium. Exchanges: 3 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Preheat the oven to 400°F.
2. Fill a large pot with water, add 1 tablespoon of salt and a splash of oil, and bring the water to a boil. Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl. Whisk together the lemon juice, olive oil, salt and pepper. Pour over the hot pasta and stir well.
3. Meanwhile, place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook! [I pan sauteed the shrimp with olive oil and they were cooked through in 5-6 minutes.]
4. Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, more salt and pepper. Toss well. Add the feta and stir carefully. Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.