

# Creamy Orzo with Corn, Spinach and Arugula

Tarla Fallgatter, caterer and cooking instructor



- 2 cups fresh corn, cut off the cobs
- 2 teaspoons Mediterranean herbs (like thyme, oregano, basil, sage, bay leaf)
- 2 tablespoons olive oil
- 3/4 cup orzo (a rice-shaped pasta)
- 2 tablespoons garlic, peeled, minced
- 2 tablespoons unsalted butter
- 2 cups spinach leaves (baby spinach if possible)
- 2 cups arugula, coarsely chopped
- 2/3 cup heavy cream
- 1/4 cup Parmigiano-Reggiano cheese, or Pecorino Romano, grated
- Salt and freshly ground black pepper to taste
- 2 tablespoons chicken broth, only add if the orzo is too dry at the end

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 6

1. Preheat oven to 400°. Toss the corn with the Mediterranean herbs and olive oil. Place in a glass dish and roast in oven until golden, about 10 minutes.
2. Bring water to boil, add salt, stir, then add orzo. Cook until it's almost tender. Drain and set aside.
3. In a large saute pan, add garlic and butter and cook for about a minute, then add all the greens. Cook greens until they're wilted.
4. Stir in the cream, orzo and corn mixture and simmer until heated through. If the mixture is too dry, add in a few tsp. of chicken broth, or up to 2 T until it's the right soupy consistency (like risotto). Turn off the heat and stir in the grated cheese. Serve hot.

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Per Serving (excluding unknown items): 311 Calories; 20g Fat (56.5% calories from fat); 7g Protein; 28g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 108mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.