

## *Orzo with Artichokes, Olives & Feta*

Author: From a cooking class with Phillis Carey

*Carolyn T's  
Main Cookbook*

**Servings: 4**



**12 ounces orzo**  
**3 tablespoons unsalted butter**  
**1/4 cup shallots, chopped**  
**15 ounces artichoke hearts, rinsed,  
drained, chopped**  
**1/2 teaspoon thyme, crushed (or use dill)**  
**1/3 cup kalamata olives, pitted, halved or  
chopped**  
**1/2 cup Feta cheese, Sheep's milk only,  
crumbled**  
**2 tablespoons Italian parsley, chopped**  
**Pepper to taste, maybe salt (check for  
seasoning)**

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 555 Calories;  
19g Fat (31.0% calories from fat); 18g Protein; 79g  
Carbohydrate; 8g Dietary Fiber; 40mg Cholesterol;  
634mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1/2  
Lean Meat; 2 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.*

*Description: Great side dish with a Mediterranean accent*

1. Cook orzo in boiling salted water for 9-10 minutes until barely tender. Drain well, but SAVE 1 cup of cooking liquid.
2. Melt butter in a large nonstick skillet over medium high heat. Add the shallots and cook 2 minutes. Stir in artichoke hearts and thyme, and cook for about 2 minutes longer. Toss in the hot, cooked orzo, olives and Feta. Stir to combine and melt the cheese a bit (not totally). Add the hot water/cooking liquid as necessary to give the orzo a creamy consistency. Sprinkle with chopped parsley.
3. This can be made ahead, chilled covered, then bake at 350 for 15-20 minutes.