

Foodnity Recipes

Lemon Orzo With White Cheddar Sauce

10 min Prep time	**18 min** Cook time	**28 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

The Pasta

- [ ] 1 cup dry orzo pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] Salt and freshly ground black pepper, to taste

The Cheddar Sauce

- [ ] 2 Tbsp unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 1 cup whole milk
- [ ] 1/2 cup heavy cream
- [ ] 1 cup (4 oz) shredded white cheddar cheese
- [ ] Zest of 1 large lemon
- [ ] Juice of 1 large lemon (2 Tbsp)

Mix-ins and Toppings

- [ ] 1 cup fresh spinach, roughly chopped (optional)
- [ ] 1/4 cup (1 oz) shredded white cheddar for topping
- [ ] Fresh parsley, chopped, for garnish (optional)

Instructions

1. Start by filling your large pot with 2 cups of chicken broth. Add just a pinch of salt, and bring it all to a rolling boil. Stir in the dry orzo, then turn the heat down to a simmer. Let it cook for about 8-9 minutes until it's al dente—you know, just a little bit of a bite left in the center.
2. Now, carefully drain the cooked orzo. Honestly, don't dump all the water! Reserve about 1 cup of that starchy cooking liquid. Return the orzo to the pot and just let it sit for a moment.
3. Grab a small saucepan and melt 2 Tbsp butter over medium heat. Toss in your minced garlic and cook it for just 30 seconds. Wow, the smell is just wonderful at this point.
4. Slowly pour in the milk and heavy cream, bringing the mixture to a gentle simmer. Stir in 1 cup shredded white cheddar, whisking gently until it's completely melted and the sauce looks smooth and velvety.
5. Stir in the lemon zest and juice, then add a pinch of salt and pepper. If the sauce feels a bit too thick—it happens!—just stir in a splash of that reserved pasta water until it feels just right.
6. Return the cooked orzo to the saucepan and toss it all together to coat every grain evenly. If you're using the chopped spinach, stir it in now; it only takes a minute to wilt into the heat.
7. Give it a quick taste to see if it needs more salt or lemon. Once it's perfect, remove it from the heat and sprinkle that remaining 1/4 cup shredded cheddar on top. Let it melt slowly into a lovely golden glaze.

8 Transfer your lemon orzo with white cheddar sauce to a serving platter. I like to garnish mine with a bit of fresh parsley and maybe some extra grated cheese if I'm feeling indulgent.

Nutrition per serving

420 kcal	18 g	34 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using low-sodium broth helps you control the salt level better.
- Don't forget to save the pasta water; it's the secret to a perfect sauce consistency.
- The lemon zest provides a bright, aromatic quality that juice alone can't achieve.