

Foodnity Recipes

One Pan Lemon Orzo Pasta

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup orzo pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] 2 tbsp unsalted butter
- [ ] 1 lemon, zest and juice
- [ ] 1/3 cup grated Parmesan cheese
- [ ] 2 tbsp chopped fresh parsley

Optional Add-Ins

- [ ] 1 cup baby spinach leaves
- [ ] 1/2 cup cooked, diced turkey ham
- [ ] Freshly cracked black pepper to taste

Instructions

1. In a large skillet, melt butter over medium heat; let it foam and turn lightly golden.
2. Add the lemon zest, stirring quickly so the aroma fills the kitchen.
3. Stir in the orzo, coating each grain with butter and zest; toast for about 2 minutes.
4. Pour in the warm broth, bring to a gentle simmer, and cook, stirring occasionally, until the liquid is absorbed and the orzo is tender, about 12–15 minutes.
5. Fold in spinach and turkey ham, if using; let them wilt for a minute.
6. Remove from heat, stir in lemon juice, Parmesan, and parsley; season with pepper.
7. Serve immediately, perhaps with an extra sprinkle of cheese and a lemon wedge.

Nutrition per serving

420 kcal	12 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the orzo seems dry, add a splash of broth or water.
- Taste for salt before adding cheese; adjust accordingly.
- For a richer sauce, finish with a tiny drizzle of extra-virgin olive oil.