



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 205  |
| <b>PROTEIN</b>      | 9 G  |
| <b>CARBOHYDRATE</b> | 24 G |
| <b>TOTAL FAT</b>    | 7 G  |

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| <b>PREP TIME:</b> | 10 MINUTES |
| <b>COOK TIME:</b> | 25 MINUTES |

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| <b>YIELD:</b>        | 4 SERVINGS |
| <b>SERVING SIZE:</b> | 1 C PASTA  |

### INGREDIENTS:

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|---------------|--|
| <b>1 C</b>    | DRY WHOLE-GRAIN ORZO (PASTA)   |
| <b>1 TBSP</b> | OLIVE OIL  |
| <b>1 TSP</b>  | GARLIC, MINCED (ABOUT 1 CLOVE)   |
| <b>1 C</b>    | JARRED ROASTED RED PEPPERS IN NATURAL JUICE, DRAINED AND DICED (OR SUBSTITUTE FRESH ROASTED RED PEPPERS) (LEFTOVER FRIENDLY) |
| <b>2 C</b>    | LOW-SODIUM CHICKEN BROTH   |
| <b>1 TBSP</b> | FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)   |
| <b>1 TBSP</b> | FRESH PARSLEY, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)   |
| <b>½ C</b>    | SHREDDED PART SKIM MOZZARELLA CHEESE   |



## ROASTED RED PEPPER AND TOASTED ORZO

PAIR THIS RICH SIDE DISH WITH GRILLED CHICKEN OR FISH

- 01 Preheat oven to 400 °F. Place orzo on a baking sheet and toast in the oven for 5 minutes, or until it just begins to brown (or brown in a saucepan). Remove from heat and cool slightly.
- 02 Heat olive oil in a medium saucepan over medium heat. Add garlic, and cook gently until it gets soft, but does not brown (about 30 seconds).
- 03 Add peppers, and cook until heated through.
- 04 Add toasted orzo and chicken broth. Bring to a boil and simmer gently, stirring often until the pasta has absorbed all of the liquid and is fully cooked, about 10–15 minutes. (If necessary, add 2 more tablespoons broth at a time, up to ¼ cup.)
- 05 Add herbs and cheese. Toss gently to mix; do not overmix or the cheese will become gummy. Serve immediately.

