

Corn & Pepper Orzo

Serves: 6

Ingredients:

- 3/4 cup uncooked orzo pasta
- 1 large sweet red pepper, chopped
- 1 medium onion, chopped
- 1 tbsp. olive oil
- 2 cups frozen corn, thawed
- 2 tsp. Italian seasoning
- 1/8 tsp. salt
- 1/8 tsp. pepper

Instructions:

- Cook pasta according to package directions.
- Meanwhile, in a large nonstick skillet coated with cooking spray, sauté red pepper and onion in oil for 2 minutes. Add the corn, Italian seasoning, salt and pepper; cook and stir until vegetables are tender. Drain pasta; stir into the pan.