



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities***
Central Ohio

Supported by

JPMorganChase

One-Pot White Bean, Spinach & Sun-Dried Tomato Orzo with Lemon & Feta

This one-pot pasta with white beans, spinach, and sun-dried tomatoes is vibrant, flavorful, and easy to clean up. Toasting the orzo adds depth, and sturdier greens like kale or Swiss chard can be used instead of spinach if added toward the end of cooking.

Servings: 6 | Total Time: 40 min

NUTRITION NOTES

- Smooth and savory, **extra-virgin olive oil** creates a rich base that helps build flavor as the aromatics soften and the dish comes together. Sweet and aromatic, red onion and garlic form a flavorful foundation that deepens the overall taste with every bite.
- Toasty and hearty, **whole-wheat orzo** cooks in the broth to absorb flavor while adding satisfying texture, complemented by tangy sun-dried tomatoes that bring bold, concentrated sweetness.
- Creamy and nourishing, **cannellini beans** add plant-based protein and heartiness, while vegetable broth ties everything together with a savory, comforting depth.
- Bright and fresh, **lemon zest and lemon juice** lift the dish with citrusy acidity, balanced by earthy dried oregano and tender baby spinach that adds a light, green finish.



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Printing
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INGREDIENTS

- 1½ tablespoons extra-virgin olive oil
- 1 cup chopped red onion
- 6 cloves garlic, minced
- 1 cup whole-wheat orzo
- 1 cup chopped sun-dried tomatoes
- 2¾ cups vegetable broth
- 2 (15-ounce) cans no-salt-added cannellini beans, rinsed
- 1 teaspoon lemon zest
- 3 tablespoons lemon juice
- ¾ teaspoon salt
- ½ teaspoon dried oregano
- 1 (5-ounce) package baby spinach
- Can use canned spinach
- ¼ cup crumbled feta cheese
- ½ cup chopped fresh basil
- ¼ cup toasted pine nuts

INSTRUCTIONS

1. Heat 1½ tablespoons oil in a large nonstick skillet over medium heat. Add 1 cup onion; cook, stirring often, until aromatic and translucent, about 8 minutes. Stir in garlic; cook, stirring often, until aromatic, about 1 minute.
2. Stir in 1 cup orzo and 1 cup sun-dried tomatoes with 1 teaspoon of sun-dried tomato oil; cook, stirring often, until the orzo is toasted, about 1 minute. Add 2¾ cups broth, 2 cans beans, 3 tablespoons lemon juice, ¾ teaspoons salt and ½ teaspoon oregano; bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until the orzo is al dente, about 15 minutes.
3. Stir in 5 ounces spinach. Cook uncovered and stirring often, until the spinach is wilted, about 1 minute. Remove from heat; add basil and lemon zest. Place in serving bowls, with feta, and pine nuts as toppings.

Nutrition Profile: Dairy-Free | Soy-Free | Egg-Free | High-Protein | Fiber-Rich | Heart-Healthy | Plant-Based | Nutrient-Dense

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Calories: 330

Fat 10g

Carbohydrates 48g

Protein 17g

**Nutrition information provided directly by eatingwell.com and reflects values listed at the time of publication. Recipe sourced from: eatingwell.com*