



## **Creamy Goat Cheese Orzo**

*The goat cheese and milk will look curdled when first whisked together, but it'll smooth out as it cooks.*

Makes 2 servings

Total time: 15 minutes

- 4 oz. dry orzo pasta
- $\frac{1}{2}$  cup whole milk
- 4 oz. goat cheese, crumbled
- $\frac{1}{4}$  cup chopped fresh parsley
- Salt and black pepper to taste

**Cook** orzo according to package directions; drain and set aside.

**Whisk** together milk and goat cheese in a saucepan over medium heat until combined. Bring mixture to a simmer and cook until slightly thick, 3 minutes. Stir in orzo.

**Off heat, stir in** parsley and season with salt and pepper.

Per serving: 453 cal; 20g total fat (13g sat); 51mg chol; 325mg sodium; 47g carb; 2g fiber; 22g protein