



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
1/2	cup whole milk
4	oz. goat cheese, crumbled
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