GREEK ROASTED VEGETABLE ORZO

A beautiful mix of veggies, chickpeas and feta come together to create this flavorful grain bowl.

1 small eggplant, peeled and 3/4-inch diced
2 red bell peppers, 1-inch diced
1 red onion, peeled and 1-inch diced
2 garlic cloves, minced
1/3 cup olive oil
1 teaspoon salt
1/2 teaspoon black pepper
1/2 pound orzo

FOR THE DRESSING:
1/3 cup freshly squeezed lemon juice (2 lemons)
1/3 cup olive oil
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon dried oregano

TO ASSEMBLE:
4 scallions, thinly sliced (white and green parts)
1 (15-ounce) can chickpeas
3/4 pound feta, 1/2-inch diced (not crumbled)

1. Preheat the oven to 425 degrees F.
2. On a sheet pan, toss the eggplant, bell peppers, onion, and garlic with the olive oil, salt, and pepper. Roast for 40 minutes, flipping half way through.
3. Cook the orzo in boiling water for 7 to 9 minutes, until tender. Drain and transfer to a larger serving bowl.
4. Add the roasted vegetables to the pasta, scraping all the liquid and seasonings from the roasting pan into the pasta bowl.
5. For the dressing, combine the lemon juice, olive oil, salt, pepper, and oregano and pour on the pasta and vegetables. Let cool to room temperature, then add the scallions, chick peas, and feta.

Hungry for more?
Visit boynton.umn.edu/SNAC for more healthy recipes!