



RUSTIC PARSLEY & ORZO SOUP WITH WALNUTS

Stabilization (Week 3) & Maintenance

Ingredients

1-1/4 cups whole-wheat orzo (8 ounces)	5 cups vegetable broth, can or homemade
1 TSP plus 2 TBS extra-virgin olive oil, divided, plus more for garnish	2 cups water
1 large yellow onion, chopped	2 TBS finely chopped garlic
1/2 TSP salt, divided, plus a pinch	1 cup finely chopped walnuts
10 cups gently packed spinach (apx 8 oz.), any tough stems trimmed	1/2 TSP crushed red pepper
2 large bunches parsley	1 TBS fresh lemon juice, or more to taste
1 medium Yukon Gold potato	Freshly ground pepper to taste
	1 cup diced fresh tomatoes

Instructions

1. Cook orzo in a large saucepan of boiling water until just short of tender, 8 to 9 minutes. Drain and rinse with cool water. Return to the pot and toss with 1 TSP oil; set aside.
2. Heat 1 TBS oil in a medium skillet over high heat. Add onion and 1/4 TSP salt; reduce heat to medium-low, cover and cook, stirring frequently, always covering the pan again, until the onion is translucent and beginning to color, 10 to 15 minutes.
3. Meanwhile, coarsely chop spinach. Coarsely chop enough parsley to equal about 4 cups. Set aside 3 cups and finely chop the remaining 1 cup; set aside separately.
4. Peel and dice potato. Combine the potato, the sauteed onion, 1/4 TSP salt, broth and water in a soup pot or Dutch oven. (Set the onion pan aside for later.) Bring to a boil over high heat. Reduce heat to maintain a simmer and cook for 12 minutes. Stir in the spinach and the 3 cups

coarsely chopped parsley; return to a simmer, cover and cook for 3 minutes more.

5. Meanwhile, heat the remaining 1 TBS oil in the onion pan over medium heat. Add garlic and let it sizzle for about 45 seconds. Add walnuts and cook, stirring and watching carefully to prevent burning, for about 3 minutes. Stir in the remaining 1 cup parsley and crushed red pepper; cook, stirring, for 2 minutes more. Remove from the heat.
6. Stir the cooked orzo into the soup, then stir in the parsley-walnut mixture. Season with lemon juice and pepper. Taste and add more lemon juice, salt and/or pepper, if desired. Return the soup to a simmer.
7. Combine tomatoes with the remaining pinch of salt in a small bowl. Garnish each bowl of soup with a spoonful of the tomatoes and a drizzle of olive oil.

Portion-Per-Serving Information (Yields 6 servings)

1 service = apx 1-3/4 cup (394 calories; 20 g fat) = 2 V, 1 G, 1 FT

Note: This soup is best served immediately, because the orzo will absorb liquid as the soup is held. Thin any leftover soup with more vegetable broth, if desired.