**Outrageous Orzo**

Total Time: 30 minutes

2 pints cherry tomatoes, halved
8 large cloves garlic, peeled and halved lengthwise
2 Tbs. extra-virgin olive oil
¼ cup pine nuts
1½ cups whole wheat orzo
¼ cup grated Parmesan cheese
Freshly ground black pepper
1 bunch basil, chopped
½ tsp. kosher salt

Don’t want to turn on the oven? You can toast the pine nuts in a dry skillet on the stovetop, remove them, then use the same skillet to sauté the tomatoes and garlic in the oil.

Pre-heat the oven to 450°F. On a rimmed baking sheet lined with foil, toss the tomatoes and garlic with the oil and put in the oven. Spread the nuts on another baking sheet and put in the same oven until they’re well browned, about 3 minutes. Remove the nuts and continue roasting the tomatoes until they’re lightly charred, a total of 15-20 minutes. Stir in the orzo into a pot of boiling water and put in the oven. Drain and return to the pot. Stir in the tomatoes and garlic. Bring to a simmer and cook for 1½ tsp. salt. Serves 4.

Per Serving (1½ cups): Calories 310; Total Fat 15 g; Sat Fat 2.5 g; Protein 11 g Carbs 38 g; Fiber 5 g; Cholesterol 5 mg; Sodium 330 mg

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**Cool Quinoa**

Total Time: 20 minutes

¾ cup quinoa
¼ cup diced red onion
1 Tbs. red wine vinegar
1 large navel orange
1 Tbs. extra-virgin olive oil
½ avocado, diced
¼ cup roasted unsalted sunflower seeds
½ tsp. kosher salt

Look for fair-trade quinoa or use bulgur or whole wheat couscous instead. Pick a firm but ripe avocado. For Hass avocados—the most common variety—the skin should be black and it should yield just slightly to gentle pressure.

Prepare the quinoa according to the package instructions, then allow to cool. Combine the onion and vinegar in a large bowl and set aside until the onion turns pink, about 5 minutes. Cut the peel, pith, and outer membrane off the orange, then slice it. Cut the slices into bite-size pieces. Toss all the ingredients except the salt in the large bowl with the onion, then season with up to ½ tsp. salt. Serves 4.

Per Serving (1 cup): Calories 260; Total Fat 13 g; Sat Fat 1.5 g; Protein 7 g Carbs 30 g; Fiber 6 g; Cholesterol 0 mg; Sodium 250 mg

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**Badda-Boom Bulgur**

Total Time: 15 minutes

¾ cup bulgur
1 Tbs. extra-virgin olive oil
½ hothouse cucumber, diced
¼ cup sun-dried tomatoes, diced
3 scallions, thinly sliced
½ cup reduced-fat crumbled feta cheese
2 Tbs. lemon juice, more to taste
Freshly ground black pepper

Bulgur is wheat kernels that have been steamed, dried, and cracked, so you get all the goodness and hearty flavor of wheat berries in just 10 minutes.

In a small pot, bring 1½ cups of water to a boil. Stir in the bulgur, turn off the burner, and cover the pot. Allow the bulgur to steep for 10 minutes, then drain and put into a large bowl. Toss the bulgur with the oil, then stir in the cucumber, sun-dried tomatoes, scallions, and feta. Season with the lemon juice and plenty of pepper. Serves 4.

Per Serving (1 cup): Calories 180; Total Fat 7 g; Sat Fat 2 g; Protein 8 g Carbs 24 g; Fiber 6 g; Cholesterol 5 mg; Sodium 260 mg

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Total Time: 30 minutes

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8 large cloves garlic, peeled and halved lengthwise
2 Tbs. extra-virgin olive oil
¼ cup pine nuts
1½ cups whole wheat orzo
¼ cup grated Parmesan cheese
Freshly ground black pepper
1 bunch basil, chopped
½ tsp. kosher salt

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Per Serving (1½ cups): Calories 310; Total Fat 15 g; Sat Fat 2.5 g; Protein 11 g Carbs 38 g; Fiber 5 g; Cholesterol 5 mg; Sodium 330 mg