

Taste of Home



Pork and Orzo

🕒 Total Time Prep/Total Time: 30 Min.

Yield 6 Servings



✅ Test Kitchen Approved

Take a trip to a waterfront locale with protein-rich, health-minded Mediterranean pork and orzo. Tomatoes, spinach and feta add bright punches of color to the meat and pasta.

Ingredients

- 1-1/2 pounds pork tenderloin
- 1 teaspoon coarsely ground pepper
- 2 tablespoons olive oil
- 3 quarts water
- 1-1/4 cups uncooked orzo pasta
- 1/4 teaspoon salt
- 1 package (6 ounces) fresh baby spinach
- 1 cup grape tomatoes, halved
- 3/4 cup crumbled feta cheese

Directions

- 1 Rub pork with pepper; cut into 1-in. cubes. In a large nonstick skillet, heat oil over medium heat. Add pork; cook and stir until no longer pink, 8-10 minutes.
- 2 Meanwhile, in a Dutch oven, bring water to a boil. Stir in orzo and salt; cook, uncovered, 8 minutes. Stir in spinach; cook until orzo is tender and spinach is wilted, 45-60 seconds longer. Drain.
- 3 Add tomatoes to pork; heat through. Stir in orzo mixture and cheese.

Nutrition Facts

1-1/3 cups: 372 calories, 11g fat (4g saturated fat), 71mg cholesterol, 306mg sodium, 34g carbohydrate (2g sugars, 3g fiber), 31g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.

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On a really busy day, this meal in a bowl is one of my top picks. It's quick to put together, leaving a lot more time to relax at the table. —Mary Relyea, Canastota, New York

RECIPE CREATOR

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