



## ***Orzo with Shrimp and Asparagus***

Recipe Courtesy Chef Bryan Woolley

12 extra-large shrimp, cooked  
1 clove garlic, minced  
3 cups cooked orzo  
2 cups asparagus, cut into 1-inch pieces  
¼ cup chopped green onion  
1 tablespoon rice vinegar  
1 tablespoon fresh lemon juice  
2 teaspoons Dijon mustard  
2 tablespoons fresh basil, chopped  
Salt and pepper to taste  
Extra Virgin Olive Oil

1. Heat a large wok on the stove and add about 2 tbsp extra virgin olive oil.
2. Add the garlic, shrimp, and green onions. Sauté until fragrant. (About 1 minute)
3. Add the asparagus and sauté for about 1 minute.
4. While sautéing asparagus, mix together in a separate bowl vinegar, lemon juice, Dijon mustard, and basil.
5. Pour over orzo mixture and sauté for about 30 seconds.
6. Transfer to freshly sauté orzo mixture to a large platter. Salt and pepper to taste. Refrigerate for about 2 hours.
7. Serve and Enjoy! Serves 6 people.

### **Nutrition Facts**

Serving Size: 1/6 recipe  
Calories 190  
Total Fat 6g  
Saturated Fat 1g  
Cholesterol 20mg  
Sodium 170mg  
Carbohydrates 25g  
Dietary Fiber 3g  
Sugars 1g  
Protein 8g

### **Diabetic Exchanges**

Protein 1  
Fat 1  
Carbohydrates 1.5

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