

Creamy Leek and Mushroom Orzo



1 Tablespoon olive oil
2 cups leeks, rinsed and chopped,
white and pale green parts only
2 cups cremini mushrooms, sliced
1 cup dry orzo

2 cups low sodium chicken or vegetable broth
1 1/2 cups chopped tomato
3 Tablespoons light cream cheese
1 teaspoon garlic powder
1/4 teaspoon each salt and pepper

Instructions: In a medium skillet, heat olive oil. Add leeks and sauté over medium heat, stirring occasionally, until the leeks are soft, about 5 minutes. Add mushrooms and cook until soft, about 5 minutes. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes. Add the tomatoes and simmer until orzo is tender, about 2 minutes. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.

Yield: 8 servings

Nutrition Facts (per serving): 150 calories, 3 grams of fat, 125 milligrams sodium, 24 grams carbohydrate, 6 grams protein