

# GREEK-STYLE CANNELLINI AND VEGETABLES

## TOTAL TIME

40 minutes

## SERVINGS

4

## MENU

This dish can stand on its own, but to make a no-fuss feast, serve it with olives, bread, red wine, Fennel and Orange Salad (see page 67), and Goat Cheese with Honey and Walnuts (see page 313) for dessert.

**S**erve this hearty, colorful one-dish meal in the Greek style—with a splash of red wine vinegar. Look in the pasta section of your supermarket for orzo; an imported brand will be best. Look in the “Two for \$1” bin at the record store for good bazouki music.

- 2 quarts water
- 2 garlic cloves, minced or pressed
- 1 large onion, chopped (about 1½ cups)
- 3 tablespoons olive oil
- 2–3 carrots (about 2 cups diced)
- 1 red or green bell pepper
- 1 cup orzo (see page 358)
- 1 zucchini (6 inches long)
- 1 tablespoon minced fresh mint (1 teaspoon dried)
- 1 tablespoon minced fresh dill (1 teaspoon dried)
- ½ teaspoon fresh marjoram (sprinkling of dried)
- 5 artichoke hearts, drained and chopped (14-ounce can) (optional)
- 1½–2 cups drained cooked cannellini or white kidney beans (15-ounce can)
- 1½–2 cups Italian-style stewed tomatoes (14½-ounce can)
- salt and ground black pepper to taste
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- red wine vinegar

Bring the water to a boil in a large covered pot.

While the water heats, sauté the garlic and onions in 2 tablespoons of the oil in a large skillet on medium-high heat. While the garlic and onions sauté, dice the carrots and chop the pepper. Add them to the onions and stir. When the water boils, add the orzo, return to a boil, and simmer for about 10 minutes, until al dente. Dice the zucchini

and stir it into the skillet of vegetables. Add the mint, dill, and marjoram. Add the artichoke hearts, if you are using them. Gently stir in the beans and the stewed tomatoes. Simmer for several minutes, stirring occasionally.

When the pasta is al dente, drain it and stir in the remaining tablespoon of oil. When the beans and vegetables are hot, add the orzo. Season with salt and pepper to taste. Serve with a cruet of red wine vinegar at the table for a splash of flavor.

PER 8-OZ SERVING: 181 CALORIES, 6.9 G PROTEIN, 5.7 G FAT, 26.7 G CARBOHYDRATE, 93 MG SODIUM, 0 MG CHOLESTEROL.