

Oven Baked Mediterranean Orzo

from "America's Healthy Cooking"

Ingredients:

- 2 large (28 oz) cans of tomatoes
- 2 cups vegetable broth or stock
- 1 teaspoon olive oil
- 2 large onions
- 1 can black beans (rinsed)
- 1 can cannellini or white kidney beans (rinsed)
- 1 package frozen artichoke hearts (9 oz)
- $\frac{1}{2}$ cup dried apricots (cut in half)
- $\frac{1}{2}$ cup raisins
- 1 Tbs capers
- 4 tsp fresh basil – chopped
- $\frac{1}{2}$ tsp fennel seeds crushed
- 1 $\frac{1}{2}$ cup dried orzo
- $\frac{1}{2}$ cup crumbled feta cheese
- pepper (to taste)

Method:

1. Drain liquid from tomatoes into a 4 cup measure. Add enough broth to make 3 cups of liquid. Set aside.
2. Place oil and onion in 4 to 5 quart covered casserole or dutch oven. Bake in oven at 450 until soft and tinged with brown (about 10 minutes). During baking stir occasionally, add water one tablespoon at a time as necessary if it appears dry.
3. Remove casserole from oven and add tomatoes, broth mixture, black beans, cannellini, artichoke, apricots, raisins, capers, basil, and fennel seeds. [You can add other vegetables as desired, I added squash.] Return to oven and bake until mixture comes to a rolling boil (about 20 minutes).
4. Remove casserole from oven and stir in pasta, scraping casserole bottom to loosen any browned bits. Cover tightly and return to oven. Bake for 10 minutes, then stir mixture again scraping the bottom of the pan. Cover tightly again and bake until almost all the liquid has been absorbed (about 10 more minutes).
5. Sprinkle with feta cheese and serve.

Makes 8 servings.

358 calories/serving