

Cherry Tomato and Orzo with Feta + Homemade Pesto

Yield: Serves 4

Pesto is delicious and versatile. You can add it to soups, toss your pasta in it after it's been cooked, use as a dip, spread on bread, over grains, etc. Here we tossed orzo, cherry tomatoes, bell peppers, flat-leaf parsley, feta, and we got YUM!

Ingredients

For the pesto (about 1 ½ cups):

- 1 large bunch fresh basil (about 2 cups packed leaves)
- ¾ cups Udo's Oil
- ½ cup grated parmesan
- 2-3 medium garlic cloves
- A small handful of pine nuts (about 1 tbsp.)
- Salt and freshly ground pepper, to taste

For the dish (about 6 cups):

- 2 cups cooked orzo (or quinoa or cous cous)
- 2 cups cherry tomatoes, halved
- 1 large orange bell pepper, diced
- 1 cup feta cheese (5 ounces), crumbled
- ½ cup fresh flat-leaf parsley leaves, coarsely chopped
- ¼ cup homemade pesto
- Crushed red pepper flakes, to taste (optional)

Instructions

1. Loosely chop basil and mince garlic;
2. In a blender or processor, combine the basil, parmesan, garlic, pine nuts, adding the oil last, and blend;
3. Season with salt and pepper;
4. Set aside ¼ cup of pesto, refrigerate the unused pesto in a well-sealed glass container, and use within 7 days.
5. Setting aside some feta for garnish, combine all ingredients in a medium mixing bowl; toss well;
6. Sprinkle with feta and serve.

<http://blog.florahealthy.com/cherry-tomato-and-orzo-with-feta-homemade-pesto/>