



Makes 4¾ cups
Preparation Time: 25 minutes

INGREDIENTS:

½ cup chopped shallots

2 cups dried whole wheat orzo

4 cloves garlic, minced

3 cups low-sodium vegetable broth

1 tablespoon chopped fresh thyme

1 15-oz. can no-salt-added cannellini beans, rinsed and drained (1½ cups)

½ cup unsweetened, unflavored plant milk

2 teaspoons lemon zest

3 tablespoons lemon juice

2 tablespoons nutritional yeast

¼ teaspoons crushed red pepper

6 cups fresh arugula leaves

2 tablespoons toasted pine nuts

Lemon wedges

Whole Wheat Orzo and Arugula Skillet Supper

Whole wheat orzo gives this pasta dish a risotto-like quality and is ready in just 25 minutes. The orzo is cooked with vegetable broth, fresh thyme, and garlic, ensuring a rich flavor. A **cannellini bean** sauce infused with the citrusy notes of lemon zest gives the dish a creamy feel without being heavy. Wilted arugula, added towards the end, becomes tender, softening some of its characteristic pepperiness, while a few pine nuts lend nutty richness. This aromatic pasta is perfect for a busy weeknight or weekend meal when you don't want to sacrifice flavor and nutrition!

For more inspiration, check out these other tasty ideas:

- [Carrot Ginger Soup with Orzo and Kale](#)
- [Cannellini Bean, Kale, and Orzo Soup](#)
- [Creamy One-Pot Pasta with Broccolini](#)
- For more quick-cooking pasta ideas, check out our collection of [Pasta and Noodle Recipes You Can Make in 30 Minutes or Less](#)

By Ellen Boeke

- 1** In a deep extra-large nonstick skillet cook shallots over medium 3 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoon at a time, as needed to prevent sticking. Stir in orzo and garlic; cook and stir 1 minute. Carefully stir in broth and thyme. Bring to boiling; reduce heat. Simmer, uncovered, 6 minutes or until orzo is tender, stirring occasionally.
- 2** Meanwhile, in a blender combine the next six ingredients (through crushed red pepper). Cover and blend until smooth and creamy.
- 3** Stir bean mixture into skillet. Cook 2 minutes or until thickened and creamy. Stir in arugula until wilted. Sprinkle with pine nuts. Serve with lemon wedges.