

Seasonal Eating

Shrimp and Orzo with Vegetables

3 cups chicken broth
1/2 cup orzo pasta
1 tablespoon olive oil
1/4 cup chopped carrot
1/2 medium onion, chopped
1 yellow squash, chopped
1/2 teaspoon Italian seasoning
Kosher salt
Black pepper
Pinch red pepper flakes
8 ounces peeled and deveined raw shrimp
1/2 teaspoon Old Bay Seasoning

In a large saucepan, bring chicken broth to a boil. Add the orzo and boil until al dente, about 8 minutes. While broth is coming to a boil, heat oil in a large skillet. Add carrot and onion and sauté over medium high heat until carrot is almost tender, about 5 minutes. Add the squash, Italian seasoning a pinch of salt and pepper and the red pepper flakes. Continue sautéing until squash starts to get tender, about another 10 minutes. Sprinkle shrimp with Old Bay Seasoning. Push the vegetables to one side and add shrimp to pan. Cook for a minute and then turn over and cook another minute. Using a slotted spoon, remove orzo from chicken broth and add to the skillet. Stir to combine and add some of the chicken broth to create just a little sauce to coat the shrimp and vegetables.