



## Shrimp and Orzo with Cherry Tomatoes and Romano Cheese

This 5-star **shrimp** and orzo recipe has simple ingredients, but it is full of flavor. Parmesan cheese works in this dish, too, if you don't have pecorino Romano on hand. Serve leftovers as a great cold pasta salad for lunch.



Photo by: Becky Luigart-Stayner

**YIELD:** 4 servings (serving size: 1 1/4 cups)

**COURSE:** Main Dishes

### Ingredients

- 1 cup uncooked orzo (rice-shaped pasta)
- 2 tablespoons olive oil, divided
- 3/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1 pound medium shrimp, peeled and deveined
- 1 cup chopped Vidalia or other sweet onion
- 1 tablespoon bottled minced garlic
- 1/4 teaspoon crushed red pepper
- 2 cups cherry tomatoes, halved
- 1/3 cup (about 1 1/2 ounces) grated fresh pecorino Romano cheese
- 1/3 cup chopped fresh basil

### Preparation

Cook the pasta according to package directions, omitting salt and fat.

While pasta cooks, heat 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle 1/2 teaspoon of salt and 1/8 teaspoon of black pepper evenly over shrimp. Add shrimp to pan; cook 1 1/2 minutes on each side or until done. Remove from pan.

Add remaining 1 tablespoon olive oil to pan. Add onion, garlic, and red pepper; cook 2 minutes, stirring frequently. Add tomatoes, and cook 3 minutes or until tomatoes begin to soften, stirring occasionally. Stir in pasta and shrimp; cook 1 minute or until thoroughly heated. Remove from heat, and stir in 1/4 teaspoon salt, 1/8 teaspoon black pepper, cheese, and basil.

Nutritional Information	
Amount per serving	
Calories: 414	
Calories from fat: 26%	
Fat: 11.9g	
Saturated fat: 2.9g	
Monounsaturated fat: 6g	
Polyunsaturated fat: 1.6g	
Protein: 33.1g	
Carbohydrate: 43.6g	
Fiber: 3.1g	
Cholesterol: 181mg	
Iron: 4.9mg	
Sodium: 721mg	
Calcium: 178mg	

Cooking Light APRIL 2005

Go to full version of [Shrimp and Orzo with Cherry Tomatoes and Romano Cheese recipe](#)

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#).