



FANIMAL
RECIPES



ORZO WITH ARTICHOKE PESTO

TOTAL TIME: 35 MIN

- 1 lb whole wheat orzo
- 2 ears of corn shucked (or 1.5 cups canned or frozen corn)
- 2 cups cherry tomatoes, halved
- 1.5 cups grated parmesan cheese (or a vegan cheese substitute)
- one 12oz package of artichoke hearts (fresh or thawed)
- 1/4 cup walnut pieces
- 1/2 cup flat leaf parsley leaves
- 1/2 cup oregano leaves
- zest of one large lemon
- 1/4 fresh lemon juice
- garlic (one clove or more to suit)
- salt and black pepper
- 3/4 cup virgin olive oil

1

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, 8 to 10 minutes. Drain and place in a large serving bowl.

2

For the pesto: In a food processor, combine 2 cups artichokes, oil, walnuts, oregano, parsley, lemon juice, garlic, lemon zest, salt and pepper. Blend, scraping down the sides of the bowl, as needed, until the mixture is thick and smooth.

3

Chop the remaining 1 cup artichoke hearts into 3/4-inch pieces and add to the serving bowl. Add the pesto, tomatoes and Parmesan. Toss until all the ingredients are coated. Add salt and pepper to taste and serve.

Photo Credit: Kitchen Belleicious

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