

Published April 10th, 2013

Lemon Orzo with Grilled Asparagus and Eggplant



Photos Susie Iventosch

2 tablespoons pine nuts, toasted

DIRECTIONS

Cut tough ends from asparagus. Cut eggplant into 1/2-inch thick slices. (No need to remove skin.) Brush both veggies with olive oil and sprinkle with salt and pepper. Barbecue over medium-high heat, just until cooked al dente, and a little bit browned. Cool to room temperature. Cut asparagus into 3/4 to 1-inch pieces, and cut eggplant into bite-sized cubes.

Cook orzo according to directions to al dente, drain and place in large bowl. Toss with olive oil and add lemon juice and zest, cooked shallot, garlic, parsley, asparagus, eggplant and 1/4 cup of the Parmesan. Serve at room temperature and garnish with remaining Parmesan and toasted pine nuts.

(Serves 6 as a side dish, or three to four as a main dish)

INGREDIENTS

- 1 eight ounce package orzo
- 1 lemon, zested and juiced (about 1/4 cup lemon juice and 1 to 2 teaspoons zest)
- 1/4 cup extra-virgin olive oil (may need slightly more, to taste)
- 1 shallot, finely diced, sauteed in olive oil until translucent
- 1 clove garlic, minced
- 1/4 cup chopped parsley
- 1/2 teaspoon salt (I used 6 grinds on my Costco Himalayan -pink salt grinder)
- 1/2 teaspoon black pepper
- Asparagus- half bunch skinny asparagus spears (I used the very skinny ones, but if you cannot find those, then use about 10 spears of regular asparagus.)
- Japanese eggplant, 1 to 2, depending upon the size and your taste
- 1/2 cup freshly grated Parmesan

Reach the reporter at: info@lamorindaweekly.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA