

# *Creamed Corn Orzo*

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## **INGREDIENTS**

- 4 garlic cloves, minced
- 1 yellow onion, finely chopped
- ½ tsp salt
- 1 tsp black pepper
- 3 sprigs of thyme, more for serving
- 1 cup orzo
- 3 cups frozen corn
- 2 ½ cups chicken broth
- 1 cup grated Parmesan
- 1 tbsp lemon juice
- 1/2 cup plain Greek yogurt
- Chili flakes for serving – optional

## **DIRECTIONS**

1. Heat 2 TBS of olive oil over medium heat in a large skillet. Add garlic and onion. Cook until soft and fragrant for about 2 minutes. Stir in salt, pepper and thyme leaves. Add orzo and corn kernels, toast for 1 minute.
2. Pour in broth and bring to a boil. Reduce to simmer, and cook uncovered until almost al dente and most of the liquid is absorbed, about 10 minutes. (Stir every few minutes to prevent the orzo from sticking)
3. Turn off the heat. In a small bowl, add about one cup of the hot mixture (Corn and orzo) to your greek yogurt. This will temper the yogurt so it doesn't curdle. Add mixture to the skillet, along with parmesan cheese, and lemon juice. Stir in Parmesan. Stir well.
4. Top with thyme, black pepper and chili flakes. Enjoy