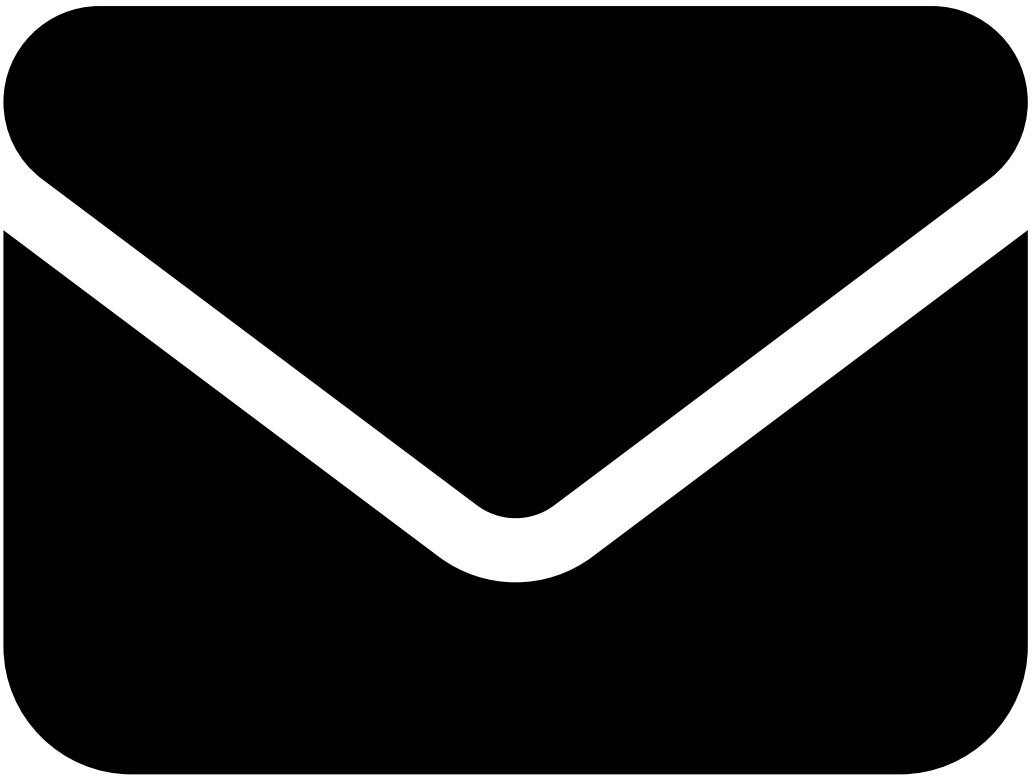
One-Pan Orzo with summer vegetables

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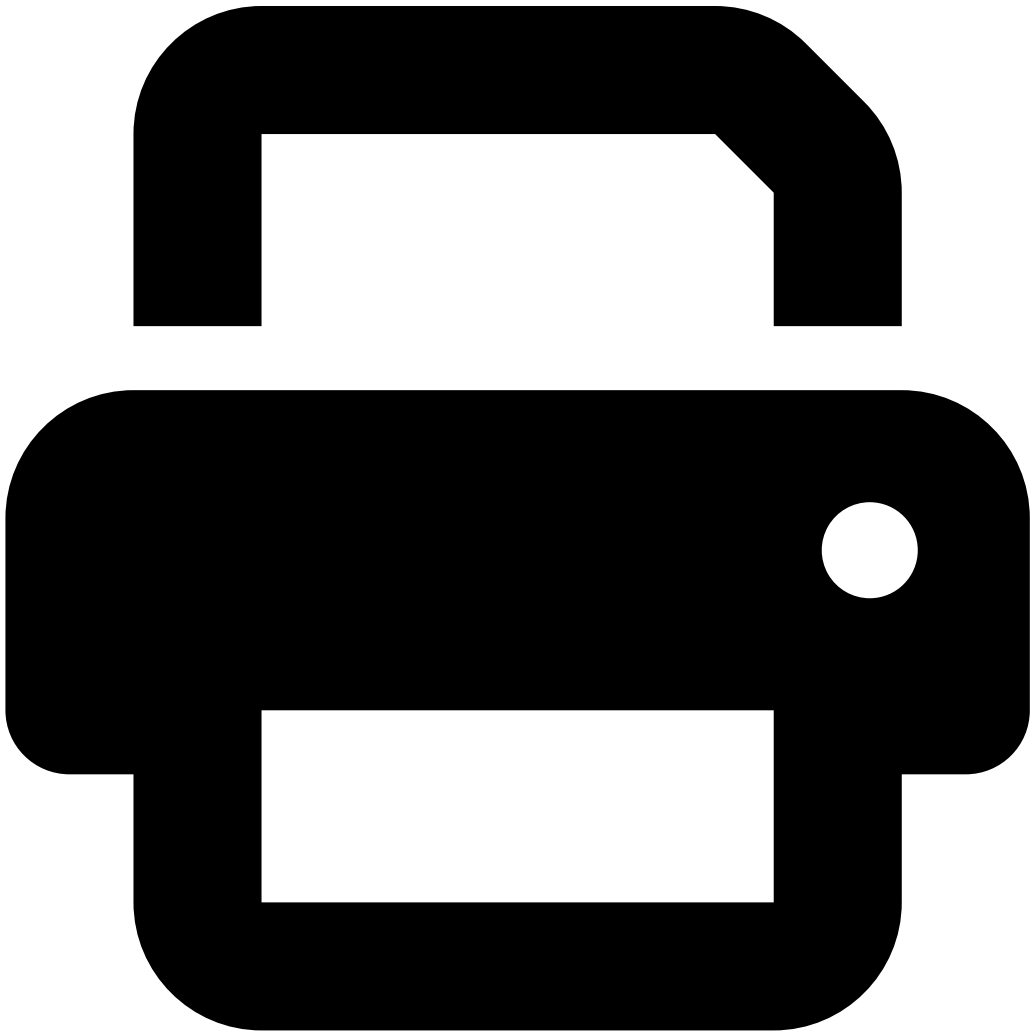
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SMS



Some meals just feel easy—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.

I started making this dish when my garden zucchini was coming in faster than I could keep up with. It’s a great way to use seasonal veggies, and the orzo cooks right in the pan alongside everything else—no need to boil a separate pot of pasta. The result is creamy, comforting, and brightened up with a squeeze of lemon and a handful of fresh basil.

Whether you serve it as a light vegetarian main or as a side dish to grilled chicken or fish, this recipe is one I come back to again and again. It’s easy, nourishing, and totally delicious. Let me show you how to make it!

Things to know about this One-Pan orzo with summer vegetables

It’s flexible.
This is one of those recipes you can make your own. Swap zucchini for yellow squash, toss in some corn, or use kale instead of spinach. Don’t have cherry tomatoes? Chopped Roma or heirlooms work just as well.

No need to pre-cook the pasta.
The orzo cooks right in the same pan with the veggies, soaking up all the flavor as it simmers. Just keep an eye on the liquid—if it gets too dry before the pasta is tender, add a splash more broth or water.

It’s perfect warm or room temp.
This dish is great served hot, but also delicious at room temperature. Leftovers make an easy lunch the next day, and it even works as a pasta salad-style side for summer gatherings.

Lemon and fresh herbs make it shine.
The squeeze of lemon and handful of fresh basil at the end really brighten things up. Don’t skip them—they take this dish from simple to special.

Make it a meal.
Add grilled shrimp, rotisserie chicken, or a sprinkle of feta or goat cheese to turn it into a hearty main dish.

Ready to Try It?

I’d love to hear how this one-pan orzo with summer vegetables turns out for you! Did you make any fun swaps or add a little protein on top? Let me know in the comments, and don’t forget to leave a rating if you enjoyed it. If you share your dish on

Instagram, tag me—I love seeing what you're cooking! If you like easy and delicious recipes like I do, here is another one to try roasted zucchini pasta with tomatoes.

One -pan Orzo with summer vegetables



- 2 cups orzo pasta
- 2 tbsp olive oil
- ½ cup chopped onion
- 2 cloves garlic (minced)
- 1 medium zucchini (diced)
- 1 cup cherry tomatoes (halved)
- 2 cups vegetable stock
- ½ cup water
- 2 cups baby spinach
- 1 tsp red pepper flakes (optional)
- Salt and black pepper (to taste)
- juice and zest of 1 lemon
- ½ cup grated Parmesan cheese (optional)
- Fresh basil (chopped (for garnish))

1. **Sauté:**In a large deep skillet or sauté pan, heat olive oil over medium heat. Add garlic and onion. Cook for 5 minutes until soft and translucent .

2. **Add Tomatoes, zucchini & Orzo:**Stir in cherry tomatoes, zucchini and orzo. Cook 1–2 minutes, stirring often, to toast the orzo slightly.

3. **Simmer:**Add broth and water, bring to a boil, then reduce heat to a simmer. Cover and cook for about 10–12 minutes, stirring occasionally, until orzo is tender and liquid is mostly absorbed.

4. **Finish:**Stir in spinach and cook 1–2 minutes until wilted. Add lemon zest, juice, and Parmesan if using. Season with salt, pepper, and red pepper flakes to taste.

5. **Serve:** Garnish with fresh basil and a drizzle of olive oil. Serve warm.