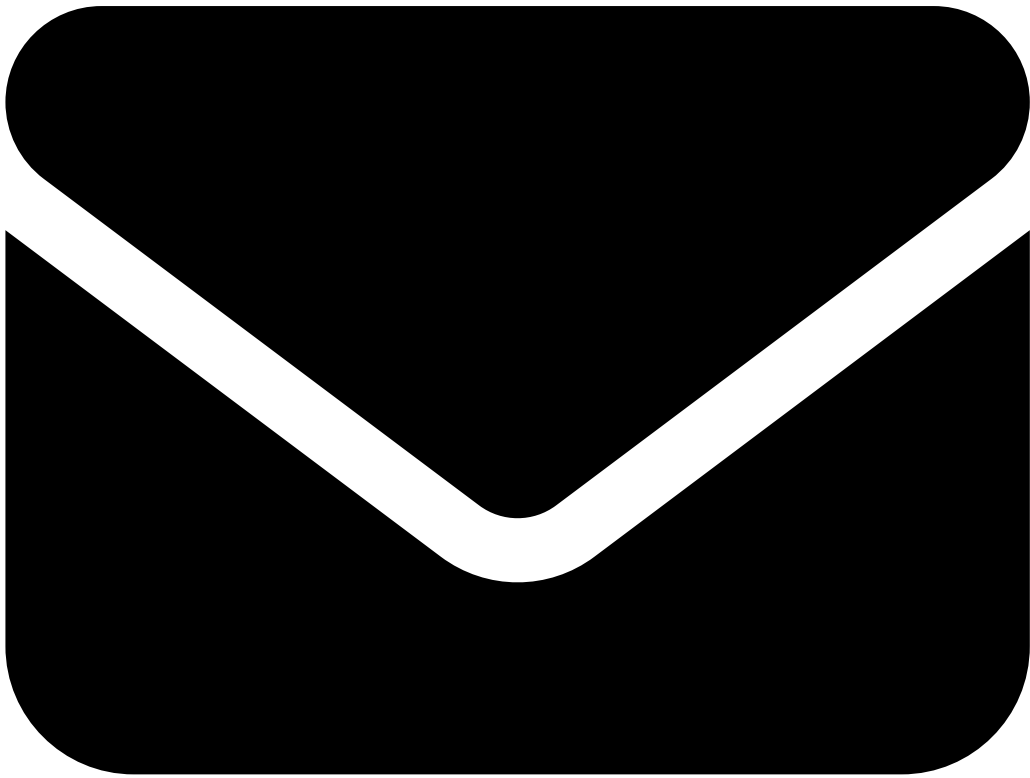


Vegetarian Orzo with Asparagus and Peas

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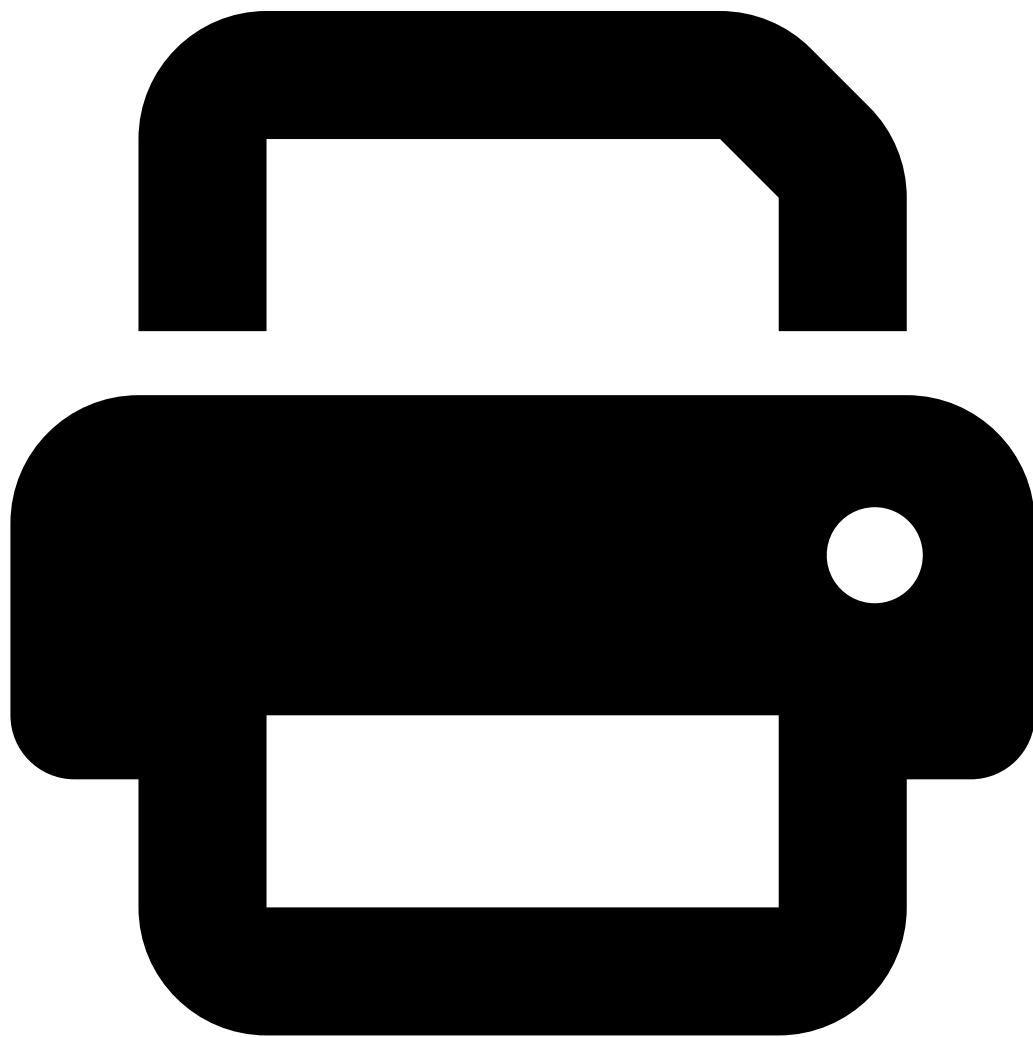
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I love this vegetarian orzo with asparagus and peas in the summertime. It's the kind of easy, light dish that comes together quickly feels good and tastes delicious . The combination of sweet peas, tender asparagus, and a hint of lemon makes it perfect for summer. It's perfect for a light lunch or on the side of grilled meats and fish.

This has become one of my favorite dishes to make in the summer it goes good with so many different things, and it's so easy to make. you are going to love it!!!

**Things to know about this
Vegetarian Orzo with Asparagus and**

Peas recipe

- **Seasonal and Fresh:** This dish shines in spring and summer when asparagus is in season and peas are at their sweetest. Fresh or frozen peas both work beautifully.
- **Great for Make-Ahead:** You can cook the orzo and veggies in advance and serve it chilled or gently rewarmed. It holds up well for lunches, potlucks, or picnics.
- **Light but Satisfying:** It's vegetarian, with just the right balance of comfort and freshness. Add a sprinkle of cheese or a poached egg if you want to make it heartier.
- **Customizable:** Swap in other green veggies like zucchini, spinach, or snap peas. You can also stir in herbs like basil, mint, or parsley for an extra flavor boost.
- **No-Fuss Cooking:** It cooks all in one pan like a risotto but takes less time and effort—great for quick lunches or simple summer sides.

If you are Craving More Orzo Recipes

If you love easy, flavorful dishes like this one, be sure to check out my other orzo recipes! Creamy lemon parmesan zucchini orzo or pan seared salmon

- If you try this recipe, I'd love to hear how it turned out—leave a comment below or tag me on Instagram so I can see your beautiful plates!

Vegetarian Orzo with Asparagus and

Peas



- 2 cups orzo
- 1 Tbsp. olive oil
- 2 Tbsp. butter
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 2 cups asparagus (trimmed and cut into 1 inch pieces)
- 1 cup fresh or frozen peas
- 3 cups vegetable stock
- Juice and zest from one lemon
- 1/2 cup chopped Italian parsley
- 1/2 cup parmesan cheese
- Salt and pepper to taste

1. In a medium skillet or saucepan, heat olive oil and butter over medium heat. Add chopped onion and sauté until translucent, about 3 minutes. Add garlic and cook for another minute.
2. Toast orzo. Stir in the orzo and cook for 1–2 minutes to lightly toast it and coat it in the oil and butter.
3. Simmer with stock. Pour in vegetable stock and bring to a simmer. Stir occasionally, letting the orzo absorb the stock gradually (like risotto). Add more stock or hot water as needed until the orzo is al dente, about 10–12 minutes.
4. Add veggies. When the orzo is nearly done, stir in asparagus and peas. Cook for 3–4 minutes, just until

asparagus is tender and peas are warmed through.

5. Finish with lemon and parmesan. Stir in lemon zest and juice. Season with salt and pepper to taste.