

20-Minute Spinach Mushroom Orzo - A Light & Earthy Pasta Dish

Looking for a weeknight-friendly side or vegetarian main that checks every box? This



TIME
20 min

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INGREDIENTS

8 oz orzo pasta
1 tablespoon olive oil
8 oz mushrooms, sliced (cremini, white button, or a mix)
3 cloves garlic, minced
4 cups baby spinach
2 cups vegetable or chicken broth
Salt and pepper to taste
Optional: Grated Parmesan or lemon zest for garnish

Ingredient Notes & Swaps:

Mushrooms: Shiitake, oyster, or even portobello work beautifully.

Spinach: Baby kale or arugula are great substitutes if spinach isn't on hand.

Broth: Use veggie broth for a vegetarian version, or chicken broth for deeper flavor.

Add protein: Toss in shredded rotisserie chicken, chickpeas, or white beans to bulk it up.

Instructions:

Tips for Success:

Serving Suggestions:

Side for grilled salmon or chicken

Bed for poached eggs or roasted veggies

Main dish with added protein like this light, tangy chicken salad

Storage & Leftovers:

Fridge: Store in an airtight container for up to 4 days.

Reheat: Warm in a skillet with a splash of broth or water to loosen.

Freezing not recommended: The texture of the spinach and pasta may become mushy.

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[This Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit](#)

Final Thoughts:

DIRECTIONS

1. 1 Cook the OrzoIn a medium saucepan, bring salted water to a boil. Add orzo and cook until al dente, about 8 minutes. Drain and set aside.
2. 2 SautØ the Mushrooms & GarlicIn a large skillet, heat olive oil over medium-high heat. Add sliced mushrooms and cook, undisturbed, for 3-4 minutes until browned. Stir and cook another 2 minutes. Add minced garlic and sautØ 1 more minute until fragrant.
3. 3 Add the SpinachLower the heat and stir in the baby spinach. Cook until just wilted, about 1-2 minutes.
4. 4 CombineAdd cooked orzo and broth to the skillet. Stir to combine and let everything simmer gently for 2-3 minutes until the broth reduces slightly and the orzo is coated. Season with salt and pepper to taste.
5. 5 Garnish & ServeServe warm, garnished with grated Parmesan or a touch of lemon zest if desired.
6. 6 Tips for Success: ? Don't overcook the orzo-keep it al dente so it doesn't go mushy in the skillet.? Let mushrooms brown undisturbed for maximum flavor.? Finish with acid-a squeeze of lemon brightens everything beautifully.
7. 7 Serving Suggestions: This orzo works as a:
8. 8 Side for grilled salmon or chicken
9. 9 Bed for poached eggs or roasted veggies
10. 10 Main dish with added protein like this light, tangy chicken salad
11. 11 Pair it with a glass of dry white wine or a chilled sparkling water with cucumber slices for a refreshing

combo.

12. **Storage & Leftovers:** Fridge: Store in an airtight container for up to 4 days.
13. **Reheat:** Warm in a skillet with a splash of broth or water to loosen.
14. **Freezing not recommended:** The texture of the spinach and pasta may become mushy.
15. **More Recipes You'll Love:** If this dish hit the spot, you'll love these savory meals too:
16. This : [Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor](#)
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19. These : [Sheet Pan Quesadillas Are My Favorite Way to Feed a Crowd Fast](#)
20. This : [Mexican Chicken and Rice Casserole Is My Favorite One-Pan Dinner That's Always a Hit](#)
21. **Final Thoughts:** Whether you're serving this Spinach Mushroom Orzo as a side or spotlighting it as the main event, it's a fast, flexible dish with real depth. Add it to your weekly rotation-you won't regret it.
22. **Tried it?** Leave a comment and share how you made it your own. And don't forget to follow along for more simple, delicious meals from my kitchen to yours!

SWAPS & NOTES

& Swaps Mushrooms : Shiitake, oyster, or even portobello work beautifully.

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TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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