

## **Artichoke Heart with Lemon Orzo & Tuna**

From the Art of Pantry Cooking by Ronda Carman

### **Ingredients:**

½ teaspoon kosher salt plus more to taste  
1 ½ cups orzo  
1 TB extra-virgin olive oil  
1 red onion finely diced  
1/3 cup dry white wine  
1 14-ounce can artichoke hearts, drained & quartered  
½ cup oil-packed sun-dried tomatoes, drained & thinly sliced  
1 7-ounce jar tuna in olive oil, drained  
¼ cup sour cream  
¼ cup freshly squeezed lemon juice  
Freshly ground black pepper to taste  
Basil leaves for garnish

### **Instructions:**

Bring a large pot of water to a boil and salt to taste. Add the orzo and cook at a high simmer, stirring occasionally, until al dente, 8-10 minutes.

Heat the oil in a large skillet over medium-high heat. Add the onion and sauté until soft, 7-8 minutes. Season with ½ teaspoon of salt. Add the wine and lower the heat. Allow the wine to reduce by half, about 5 minutes. Add the artichoke hearts and sun-dried tomatoes. Cook until tender and heated through, 2-3 minutes. Turn off the heat and gently stir in the tuna.

Transfer the orzo to a large bowl and toss with the sour cream and lemon juice. Add the artichoke and tuna mixture. Season with salt and pepper, then garnish with basil leaves and serve. Serves 4.