



Lemony Orzo-Veggie Salad with Chicken



Photo by: Photo: John Autry;
Styling: Leigh Ann Ross

YIELD: 4 servings (serving size: about 1 1/4 cups)

TOTAL: 20 MINUTES

COURSE: Main Dishes, Salads

Ingredients

- 3/4 cup uncooked orzo
- 1/4 teaspoon grated lemon rind
- 3 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon minced garlic
- 1/4 teaspoon honey
- 1/8 teaspoon freshly ground black pepper
- 1 cup shredded skinless, boneless rotisserie chicken breast
- 1/2 cup diced English cucumber
- 1/2 cup prechopped red bell pepper
- 1/3 cup thinly sliced green onions
- 1 tablespoon chopped fresh dill
- 1/2 cup (2 ounces) crumbled goat cheese

Preparation

1. Cook orzo according to package directions, omitting salt and fat. Drain and rinse with cold water; drain and place in a large bowl.
2. While orzo cooks, combine lemon rind and next 6 ingredients (through black pepper), stirring well with a whisk. Drizzle juice mixture over orzo; toss to coat. Add chicken and next 4 ingredients (through dill); toss gently to combine. Sprinkle with cheese.

Nutritional Information

Amount per serving

Calories: 275

Fat: 9.7g
Saturated fat: 3.8g
Monounsaturated fat: 3.9g
Polyunsaturated fat: 0.9g
Protein: 18.2g
Carbohydrate: 28g
Fiber: 1.8g
Cholesterol: 41mg
Iron: 0.9mg
Sodium: 338mg
Calcium: 60mg

Cooking Light JULY 2010

Go to full version of
[Lemony Orzo-Veggie Salad with Chicken recipe](#)

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#).