

Asparagus Feta Orzo Salad



COURSE

Dinner, Lunch



SERVINGS

7 servings

CALORIES

535 kcal

INGREDIENTS

Salad:

- 3 1/2 c uncooked Banza rice
- 2 lb asparagus spears ends chopped off
- 1 can chickpeas drained and rinsed
- 4 green onions thinly sliced
- 1/2 c fresh herbs chopped

Dressing:

- 6 Tbsp lemon juice
- 2 Tbsp white wine vinegar
- 2 Tbsp fresh chopped herbs like parsley and chives
- 1 tsp freshly grated lemon zest
- 2 tsp sugar
- 2 garlic clove minced salt and pepper
- 1/4 c extra virgin olive oil
- 1 c crumbled follow your heart feta cheese

INSTRUCTIONS

1. Preheat the oven to 425° F.

2. Cook the Banza Rice according to the package, sticking to the lower end of the cooking time to keep it a tiny bit al dente. Let cool.
3. Chop the asparagus into thirds. Spray the asparagus spears with a tiny bit of olive oil and sprinkle all over with salt and pepper. Roast for 10 to 15 minutes, or until your desired crispness is reached. If the spears are very thin, you may only need to roast for 8 to 10 minutes.
4. Place the cooked rice in a large bowl. Add the chickpeas, asparagus, green onions and fresh herbs and vegan feta cheese. Stir well.
5. Whisk together the lemon juice, vinegar, herbs, lemon zest, sugar, garlic and a big pinch of salt and pepper. Whisk in the olive oil until emulsified. This can be made a day ahead of time.
6. Divide into 7 containers and top evenly with dressing.

NUTRITION

Nutrition Facts

Asparagus Feta Orzo Salad

Amount Per Serving (1 serving)

| | |
|--------------------------|-----------------------|
| Calories 535 | Calories from Fat 162 |
| % Daily Value* | |
| Fat 18g | 28% |
| Carbohydrates 77g | 26% |
| Protein 27g | 54% |

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!