

SPRING VEGGIE ORZO SALAD

SERVES: 5 (approx. $\frac{3}{8}$ cup each) **Prep Time: 20 min.** **Cooking Time: 10 min.**

CONTAINER EQUIVALENTS (per serving):  $\frac{1}{2}$  $1\frac{1}{2}$  2

FOR DRESSING:


$\frac{1}{4}$ cup extra-virgin olive oil
2 Tbsp. fresh lemon juice
 $\frac{3}{4}$ tsp. sea salt (or Himalayan salt)
 $\frac{1}{4}$ tsp. ground black pepper
2 tsp. raw honey (or coconut sugar)
1 clove garlic, finely chopped

FOR ORZO:

3 cups low-sodium organic chicken (or vegetable) broth
1 cup dry orzo, whole wheat
 $\frac{1}{2}$ cup frozen peas
 $\frac{1}{2}$ cup chopped carrots ($\frac{1}{2}$ -inch)
 $\frac{1}{2}$ cup sliced asparagus ($\frac{1}{2}$ -inch rounds)
 $\frac{1}{2}$ cup chopped zucchini ($\frac{1}{2}$ -inch)
 $\frac{1}{4}$ cup coarsely chopped fresh basil
1 Tbsp. finely grated lemon peel (lemon zest) (approx. 1 lemon)

1. Combine oil, lemon juice, salt, pepper, honey, and garlic in a medium bowl; whisk to blend. Set aside.
2. Bring broth to a boil in large pot over high heat.
3. Add orzo; cook, stirring occasionally, for 8 to 10 minutes, or until tender with a little bite.
4. While orzo is cooking place a colander on top of pot. Place peas, carrots, asparagus, and zucchini in colander. Top with a lid. Let vegetables steam until orzo has finished cooking.
5. Set vegetables aside. Drain orzo and rinse under cold water. Drain all excess water. Place in a large mixing bowl.
6. Add steamed vegetables, basil, lemon peel, and dressing; toss gently to blend. Enjoy at room temperature, or refrigerate and serve chilled.

RECIPE NOTES:

- Orzo can be cooked in lightly salted water instead of broth.
- Vegetables can be steamed separately.
- To make a more complete meal, add 1  of cooked, pulled chicken breast to each serving.

NUTRITIONAL INFORMATION (per serving): **Calories: 253** **Total Fat: 12 g** **Saturated Fat: 2 g** **Cholesterol: 0 mg** **Sodium: 378 mg** **Carbohydrates: 34 g** **Fiber: 4 g** **Sugars: 4 g** **Protein: 7 g**